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# THE WHOLE DUTY of a WOMAN:

Or, an infallible

# GUIDE to the FAIR SEX.

CONTAINING,

RULES, DIRECTIONS, and OBSERVATIONS, for their Conduct and Behaviour through all Ages and Circumstances of Life,

AS

## VIRGINS, WIVES, or WIDOWS.

WITH

DIRECTIONS, how to obtain all Useful and Fashionable Accomplishments suitable to the SEX. In which are comprised all Parts of GOOD HOUSEWIFRY, particularly RULES and RECEIPTS in every Kind of COOKERY.

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THE WHOLE

# DUTY *of a* WOMAN:

OR, AN

# Infallible GUIDE

TO THE

# FAIR SEX.

## CHAP. I.

### *Of* RELIGION.

AS a very pious and ingenious Author has obſerved, That altho' the Female may be thought by ſome, tho' ſure very unjuſtly, to be inferior in their Intellectuals to the other Sex, yet, in the ſublimeſt Part of Humanity, no one can diſpute their E-

quality; they have Souls of as divine an Original, as endleſs a Duration, and as capable of infinite Happineſs. It ought then to be the firſt Care of the Fair Sex, as it is to all Mankind, the Matter of greateſt Concern, to regard the Promiſes of another Life, nor is there any Thing that can make them eaſier or more amiable in this.

THE diſtinct and moſt principal Scenes in which a Woman can be ſuppoſed to be an Actor, are theſe three, VIRGINITY, MARRIAGE, and WIDOWHOOD; which as they differ widely from each other, ſo for the diſcharging their reſpective Duties, there are particular Cautions worthy to be obſerved.

VIRGINITY, or the Virgin State, is firſt in Order of Time; the grand Element eſſential to this State is Modeſty, which, tho' neceſſary to all, is in a more eminent Degree required here. It is the very Characteriſtick of this Sex, as Courage is of the other; for as the great Mr. *Addiſon* obſerves, As a Man without Courage is ſaid to be no Man, ſo a Woman without Modeſty is as much out of Nature and Kind. Modeſty in Virgins ſhould appear in its higheſt Elevation: But as all Virtues are to be acquired by the Helps of Religion, and as none can be truly virtuous or happy without it, we ſhall, in the firſt Place, endeavour to give our Fair Readers an Idea of the true Spirit of the *Chriſtian Religion*, which in every View and Deſign directly tends to make us eaſy with ourſelves, kind and comfortable to one another here, and happy with God hereafter.

It is evident that our holy Religion is a wiſe Inſtitution to every one, who conſiders that God is its Author, whoſe Wiſdom appears in all his Works: Thus the Frame of viſible

viſible Nature being agreeably ſet together, and having each Part of it ſuited to uſeful and proper Ends, demonſtrates itſelf to be the Work of divine Wiſdom; in like manner the whole Plan of pure Religion, having alſo its Parts ſuitable to each other, and every one of them agreeably ſet to the ſame good and great Deſign of the whole, does thereby prove itſelf to be the Contrivance of an All-wiſe God.

And hereby the Wiſdom of the Chriſtian Religion will particularly appear, becauſe every Part of it tends to promote the unvierſal Good of Mankind; for which Reaſon the divine Founder thereof was named JESUS, that is, SAVIOUR, becauſe his only Deſign was to ſave us from the prevailing Power of Sin, and from thoſe Miſeries in which that evil Power would involve us.

Thus Temperance promotes our Health, Juſtice in our Dealings prevents us from ſuſtaining the Revenges of the Injured, and gains us Truſt among Men, with all the Benefits which ariſe from thence. Charity, by promoting the common Good of others, draws back their Love and Affection to ourſelves, while Patience preſerves Quiet within our own Breaſts, and Self-Denial, by reſtraining our extravagant Appetites, eſtabliſhes the juſt Power of Reaſon over us; thereby fitting us for all Conditions of Life; and thus the Law of Chriſt anſwers to the Character of Wiſdom, by its Agreeableneſs to the beſt Deſign of God in the chief Good of Man: And upon this Account *Solomon* charactered the Idea of Religion under the Name of Wiſdom.

Beſide theſe moral Duties there are ſeveral Threats of God's Judgments and Promiſes of his Favour contained in

in Chriſt's Inſtitution; the former were wiſely deſigned to reſtrain us from Immoralities, which are our greateſt Follies; and the latter to engage us in the Practice of Virtue, which is our greateſt Wiſdom: The Threatnings prepare the Way for the Promiſes, and qualify us to receive them; inaſmuch as they ſhake off our Affections from ill Objects, in order for the Promiſes, to fix them upon good ones. We muſt needs ceaſe to do Evil before we can learn to do well.

Now, altho' a due Conſideration of the divine Nature will carry us on to the Belief of a future State, in which he, who is in Perfection, the beſt of all Beings, will diſtinguiſh the Good from the Bad by ample Rewards and juſt Puniſhments; yet, becauſe every one's Capacity may not be ſufficient to make this wiſe Reflection, therefore Jeſus Chriſt was pleaſed *to bring Life and Immortality to light*, as the Goſpel phraſes it, *i. e.* to give the World full Aſſurance of a future State, in which the juſt God will diſtinguiſh Men hereafter in ſuch a Manner as they ſhall diſtinguiſh themſelves here; and it is the Wiſdom of every one to preſerve this Belief in his Heart, and bear it always about him, becauſe it is the moſt awful Monitor againſt our committing Folly, and yields the ſtrongeſt Encouragement to Virtue.

From what has been ſaid, we hope it may be ſeen, *Firſt*, What is meant by *ſaving a Soul*, viz. to deliver it from vitious Habits and fearful Puniſhments, the fatal Conſequents of ſuch Habits; and by eſtabliſhing Virtue therein to recommend it to the Favour of God. And *Secondly*, That the Goſpel of Chriſt was deſigned to this very End, and its Tendency hereunto is its Wiſdom. And *Thirdly*, From hence you alſo perceive in what Reſpect Faith in

Jeſus

Jeſus Chriſt is ſaid to ſave us, *viz.* becauſe this Faith is our receiving the Chriſtian Moral for the Rule of our Lives, and the Threats and Promiſes contain'd in the Goſpel for the outward Motives of our Practice according to that Rule.

And from theſe three Conſiderations ſumm'd up together, you may examine all the various Pretences which differing Churches and Communions make to the Purity of the Chriſtian Faith, ſo as to form a right Judgment of 'em; for that Communion which manifeſts itſelf to have no other Deſign than to aſſiſt its Members in ſaving their Souls from the Power of Sin, by the Moral and Motives aforementi-on'd, is certainly the pureſt Church; and that Faith which has no other Tendency, is the pureſt Faith: So that if you form yourſelf upon this Principle, you may paſs by all nice Speculations, or profound Myſteries which have no direct Tendency to improve your Morals, without any Hazard of Salvation.

*Secondly*, As the Chriſtian Inſtitution is wiſely practical, ſo it is plain; or in other Words we may ſay, that as the Wiſdom of the Chriſtian Religion appears firſt by its being practical, ſo it appears ſecondly by being plain. The obſcure Anſwers which were given out from the old Heathen Oracles, are now known to have proceeded from the Indirectneſs of a deſigning Prieſthood; who, to maintain their Pretence of foretelling what ſhall come to paſs, ſent back all thoſe who came to enquire after future Events with doubtful and uncertain Anſwers. And it has been the Obſervation of wiſe Men, that when any one affects to be dark and myſterious in his Converſation, either he has ſome indirect Deſign in ſo doing, or elſe, whilſt he makes

an

an Oſtentation of Wiſdom, he does in reality but diſcover his Folly.

Now the Wiſdom of God cannot be conceived to aim at any other Deſign in communicating itſelf to us, than the Information of our Minds in the Nature of Good and Evil, and this in order to direct our Choice; and all Inſtructions muſt of neceſſity be plain, ſince 'tis by Things eaſy and familiar, ſuch as at firſt ſight we may apprehend, whereby we can be led on to the Knowledge of Matters more remote and difficult; but obſcure and unintelligible Doctrines can have no Effect upon us beſide unprofitable Amuſement; and *whatſoever is by the Wiſdom of God laid out of our Reach, can be no Part of our Concern.*

Farther, to what End did he give us intellectual Faculties? Surely not to amuſe but to improve us, by enabling us throughly to underſtand each Part of our holy Religion, which directly tends to this End, *viz.* our moral Improvement, as you will ſoon perceive, if you reduce the Chriſtian Inſtitution to its general Heads, which are theſe.

*Firſt*, A Narration of Matters of Fact.

*Secondly*, A Declaration of moral Laws.

*Thirdly*, A Revelation of ſuch Motives which are proper to inforce this Law upon our Minds. And *Fourthly*, Serious Exhortations to refreſh our Memories with our Duty, and earneſtly to recommend it to our Practice.

*Firſt*, The Reader ſees, that the Matters of Fact contain'd in the four Goſpels, and the Acts of the Apoſtles, *viz.*

*viz.* the Travels and Tranſactions of Chriſt and his Diſciples, are ſo plainly related, that you underſtand the Relation as eaſily as you read it. And *Secondly*, All Laws muſt be plain, becauſe they are Directions. Now, obſcure Directions are but Deluſions; and Laws which are dubious and difficult to be underſtood, are Traps and Snares. And *Thirdly*, 'Tis as neceſſary that Motives ſhould be very intelligible, becauſe their Deſign is to work ſtrongly upon our Wills, by convincing our Underſtandings. Add to this *Fourthly*, That myſtical and unintelligible Exhortations are ridiculous, upon which Account St. *Paul* forbad Religious Exerciſes to be performed in an unknown Tongue.

Now as the four Goſpels and Acts of the Apoſtles contain Matters of Fact, Laws, and Motives; ſo the Epiſtles contain Exhortations to Seriouſneſs and Piety, ariſing from the Laws, Facts and Motives before-mentioned: And theſe Books are ſufficiently comprehenſive of the Inſtitutions and Ordinances of Jeſus Chriſt; which ought indeed to be eaſily intelligible, becauſe they concern the poor, weak, and unletter'd People as much as the Learned.

Nor can it be ſuppoſed that the Doctrine of Chriſt was by him, or his Apoſtles, deliver'd firſt of all into the Hands of the Learned to be by them convey'd into the Minds of the Ignorant; but on the contrary, 'tis manifeſt that our Saviour directed both his Diſcourſes and Actions immediately to the common People as well as to the Scribe; and in like manner did his Diſciples addreſs their Preachings and Writings.

From all this Diſcourſe concerning the Clearneſs of Chriſt's Inſtitution, you may ſpare yourſelf the needleſs

Trouble of reading abſtruſe and myſterious Points of Divinity. Nor need you ſuffer yourſelf to be amus'd with the pretended deep Speculations of profound Men, when you have the plain Directions of a wiſe and a good God before you, in following whereof you ſhall meet with great Reward.

*Thirdly*, The Chriſtian Inſtitution is ſhort. True and genuine Religion has always been ſumm'd up, and gathered together into a narrow Compaſs, by thoſe who beſt underſtood it. Thus *Micah* (vi. 8.) ſpeaking of God, ſaith, *He hath ſhewn thee, O Man, what is good; and what doth the Lord thy God require of thee, but to do juſtly, to love Mercy, and to walk humbly with thy God.* And our Saviour ſums up the whole Law in our Love to God, and our Neighbour. And in another Place includes the whole Scope of the Law and the Prophets, in this one Rule, *Whatſoever ye would that Men ſhould do unto you, even ſo do ye unto them*; hereby directing us to make a right Uſe of that Reaſon which God eſtabliſh'd as his Oracle in our Breaſts; to which we may at all times reſort, and from whence we may be reſolv'd in ſuch Caſes as concern our Duty to one another.

For, as by conſulting your own Reaſon, you know wherein you are juſtly dealt with, and wherein you receive Wrong; When you are kindly us'd, and when otherwiſe; ſo from the ſame Principle of Reaſon you cannot but know when you deal juſtly or wrongfully, and when you do kind or ill Offices to another: This one ſhort comprehenſive Rule, taking for its Foundation the Equality of Mankind in reſpect of their common Nature, renders Religion itſelf a Matter ſenſible unto us.

For

For we can feel the Wound of a ſharp ſlanderous Tongue as ſenſibly as that of a Sword; we can feel the Wrongs done to ourſelves and Families; and are as much ſenſible of the Benefits we enjoy from the juſt and kind Dealings of thoſe with whom we are concern'd, and hereby we are in the ſhorteſt and plaineſt way admoniſh'd of our Behaviour to others; and if this one ſhort Rule were reduc'd to practice, the State of Paradiſe would be reſtor'd, and we ſhould enjoy a Heaven upon Earth.

For hereby, *Firſt*, All Perſecutions for Conſcience ſake, which have occaſion'd ſuch violent Diſorders and vaſt Effuſion of Blood, would be at an End, becauſe every one, who has any Conſcience, would moſt willingly preſerve it free from the Impoſitions of Men in the Worſhip of God. To compel Men by Fire and Faggot to partake even of a delicious Entertainment, is a ſavage ſort of Hoſpitality.

*Secondly*, All Factions in any State would be at an End, if every Member thereof were contented that every one of his Fellow-Members, who was not an Enemy to the Government, might, having equal Pretence of Merit, enjoy equal Privileges with himſelf.

*Thirdly*, The Occaſions of War and Law-Suits would be taken away; ſince nothing but manifeſt Wrong can be the juſt Cauſe of either.

And *Fourthly*, There would be no private Quarrels and Uneaſineſs among Neighbours, ſince by this Rule of doing as we would be done unto, all raſh Cenſures, ſharp Reflections, ungrounded Suſpicions and Jealouſies, which are the Seeds of private Animoſities, are taken away. And hereby we may expect a plentiful Store of God's Bleſſings

among us, who will meaſure out his Kindneſs to us in the ſame manner as we meaſure out ours to one another.

The Reaſon why Religion ſhould be both a ſhort and plain Inſtitution, will appear if you conſider the common Circumſtances and Conditions of Men in this World. For though many have Leiſure enough to read and digeſt whole Volumes of uſeful Knowledge (if there are any ſuch) yet the greateſt Part of Mankind being neceſſarily employ'd in making daily Proviſions for themſelves and Families, and diſcharging the common Offices of Life, cannot attend to any religious Inſtitution which is either difficult or tedious.

'Tis certain, That the whole Life of Man is not ſufficient for him to read all the Controverſies which have been written upon pretence of Religion; but 'tis as certain, That God never lays on us a greater Task than what he affords us both Abilities and Opportunities to perform; wherefore we may conclude, That ſince the Duties of Religion are laid in common upon all, the poor Day-Labourer muſt have Ability and Opportunity ſufficient to inſtruct himſelf therein, without hindering the conſtant Work of his Calling. And in all this the Wiſdom and Goodneſs of God are made known, by adapting our Duties to our Circumſtances of Life.

From hence you may ſave yourſelf the Trouble of reading the long and tedious Diſputes which with ſuch intemperate Zeal are always in Agitation among the ſeveral Parties of Chriſtians. Indeed, the true Chriſtian Inſtitution being ſhort, it cannot admit of being ſpun out into long Controverſies: And tho' there are many Books of Controverſial Divinity, there cannot be one Controverſy about the Matter

Matter of meer Religion, as whether we ſhould maintain in our Hearts a high Reverence and Veneration for Almighty God? Whether we ought to walk before him in Sincerity and Uprightneſs? Whether or no we ſhould be thankful to him for all the Benefits which we have receiv'd from him? Whether we ſhall ſubmit to his Will with Patience, and endeavour to govern our Paſſions, to bring them to a due Moderation and Temper, by making them ſubject to the Law of Reaſon? Whether we ſhould be true to our Promiſes, juſt in our Dealings, charitable to the Poor, and ſincere in our Devotions? Whether we ſhould be temperate and ſober, modeſt and chaſte, and demean ourſelves in an humble, civil, and agreeable manner towards thoſe with whom we converſe? Whether we ſhould be heartily ſorry when we come ſhort of our Duty, and ſhould be watchful in the Denial of our irregular Appetites, Paſſions, and evil Inclinations for the future? In ſhort, it has not been diſputed whether Juſtice, Benignity, Meekneſs, Charity, Moderation, Patience and Sobriety, ſhould be receiv'd into our Affections; or whether we ſhould love God and our Neig bour? Orthodoxy of Faith is made the Pretence of Controverſy, but the one thing neceſſary is Orthodoxy of Practice.

In this Diſcourſe upon the Subject of Religion, Devotion ought not to be left out, becauſe Thankfulneſs is a neceſſary Part of Religion, and Prayer is the Preſervative of the whole. A frequent Repetition of our Thanks for all the Benefits we enjoy, preſerve in our Minds the Conſideration of God as the greateſt and beſt of Beings; and thereby nouriſhes Veneration and Gratitude. In like manner Prayer for Pardon of Sin, and Preſervation of our Perſons,

Perſons, is a conſtant Recognition of the Mercy and Bounty of God: But Prayer againſt the Power of Sin is the actual withdrawing of our Inclinations from Evil; and Prayer for any Grace is an actual Application of our Minds, to attain the particular Virtue for which we pray.

Now altho' we would not adviſe againſt ſet Hours and Forms of Devotion, either private or publick, yet, we would rather recommend a ſort of habitual and occaſional Devotion, as very proper to preſerve the ſtrongeſt Impreſſions of Religion upon your Mind.

It may be obſerv'd, that many who are very punctual in keeping to their exact Times and Forms of Devotion, have fallen ſhort of any viſible Improvement in Virtue. The ſame Pride, Frowardneſs, Falſhood, Covetouſneſs, and Bitterneſs of Spirit, have appear'd in many who have been conſtant Frequenters of the Publick as well as Cloſet Forms of Prayer, as if God had not been in all their Thoughts. The Reaſon whereof ſeems to be, becauſe their formal Petitions ſuperſede their habitual Endeavours. Men are apt to think that ſince they ſpend in every Day ſuch a Portion of Time in Prayer, they have done all their Part; and ſo they leave God Almighty to take care of the Event: And this is indeed all we can do when we make our Petitions to our Benefactors upon Earth, *viz.* offer up our Requeſts to them, either by Word or Writing, and then only expect their Anſwer.

But 'tis otherwiſe with relation to God. Our Petitions to him muſt not take off from our conſtant Endeavours to perform that Work for which we pray his Enablement: And this occaſional Devotion, which we would recommend, is in its own Nature a conſtant Endeavour after Virtue,

Virtue, as well as a ſerious Petition for it: For it ariſeth from a frequent Obſervation of ourſelves in our particular occurring Circumſtances; from which Obſervation ſuitable Deſires will almoſt neceſſarily flow: As if at any Time we find that we have done an ill Thing, immediately upon the Diſcovery, we ſhould beg God's Pardon, and reſolve to make Recompence for the Ill we have done: Or if we have deſign'd any Evil in our Hearts, and preſently beg Pardon of him who knoweth the Secrets thereof; in ſo doing we have given Check to its Progreſs. In like manner, if we have ſpoken ſlanderouſly, raſhly, or injuriously, concerning any one; and upon Recollection thereof we ask Forgiveneſs of God, and deſire that we may not do the like for the future; but on the contrary, that we may govern our Tongues better: In all this we are labouring to withdraw our Souls from Evil, and to form ourſelves upon a Principle of Virtue.

Every Night and Morning are proper Times of Leiſure to call to Mind the Preſervation, Support, and Advantages we have receiv'd the Day or Night preceding: And this Recollection being accompany'd with Thankfulneſs to our great Preſerver, is the actual Continuance and carrying on of our Gratitude to God. If we perceive Pride or Paſſion to ariſe in our Hearts, ſo that we are apt to put a great Value upon every thing we do, and deſpiſe others; or if we find ourſelves eagerly concern'd for any little Worldly Advantage, or any ſmall Punctilio of Honour, and hereupon we beg of God for an humble Spirit, and a heavenly Mind, we are herein endeavouring to expel the Poiſon of Sin by its proper Antidote.

We

We cannot but feel the Diſorders of our Minds, as much as the Diſeaſes of our Bodies; and the Cauſes of a diſorder'd Mind are much more eaſily diſcern'd, than the Cauſes of a Bodily Diſtemper: For either our Minds are troubl'd for Want or Loſſes, or it may be for the Proſperity of others, or want of a Revenge, or becauſe we cannot have our Will in what we deſign'd. Upon theſe or ſuch like Occaſions, the proper Cure is Devotinal in begging God's Pardon for our Diſcontent; and being deſirous that our Wills ſhould be ſubmitted to his who has taught us that we ſhould not return Evil for Evil, but that we ſhould love our Neighbours as ourſelves. This ſort of Soliloquy, and occaſional mental Addreſs to God, is a ſure way to compoſe the Diſorders of our Thoughts. For the growing Power of any Sin is moſt certainly ſuppreſs'd by introducing the oppoſite Virtue into our Deſires.

The ſame Method may be uſed as to Sins of Omiſſion. A ſerious Perſon will obſerve Neglects of common Duties, which reſpect either God or Man. He cannot but take Notice how much he has neglected his Buſineſs, or his Health; how little he has conſider'd God as his Owner, Governor and Benefactor; and how ſmall a Portion of what God has bleſs'd him with he has laid out upon the Good of his Fellow-Creatures. And if hereupon a Man is ſeriouſly deſirous to become more dutiful to God, more uſeful to himſelf, and beneficial to others, he is therein actually bending his Mind to ſupply his former Omiſſions.

This caſual Devotion ariſing from the Obſervation of ourſelves, under the common Circumſtances of Life (altho' it can have no ſet Times and Forms preſcrib'd to it) will be very effectual to produce, preſerve, and increaſe a true

true Senſe of Religion within us. And if you are pleas'd to apply your Thoughts hereunto, as occaſion ſhall direct you, this Devotion will ſoon become habitual, cuſtomary and eaſy: And its Returns, which will be frequent and ſhort, will be a continual Reſtraint from evil-doing, and an actual Exerciſe of Virtue.

This Exerciſe is commonly reſerv'd to be perform'd all at once, in an actual Preparation before receiving the Sacrament of the LORD'S SUPPER; which is uſually perform'd by help of an artificial Catalogue of Sins methodically collected out of the Ten Commandments, according to which Catalogue ſet Forms of Confeſſions are drawn up, which the Preparant is to take upon Content, and without any ſort of Judgment or Diſcretion of his own, he confeſſes himſelf guilty of all the Sins therein mention'd, together with all their Aggravations, tho', it may be, many of them were of ſuch a heinous Nature as never enter'd into his Heart to commit. And if theſe Catalogues and confeſſional Forms are read over once a Quarter of a Year, or, it may be, once a Month againſt the uſual Sacrament-Day, the Work of Preparation is thought to be well paſs'd over.

But ſure it is better to keep a conſtant cuſtomary Watch over ourſelves, and upon the firſt Diſcovery of any evil Deſign or Action, immediately to retract it within our own Hearts, as in the Preſence of God, and by mental Prayer, proper to the Occaſion, arm ourſelves againſt committing the like for the future. Hereby you diſcharge a Duty in its proper Seaſon, which is better than to delay it to a prefix'd Diſtance of Time; for what is moſt freſh in Memory will make the moſt lively Impreſſion upon us, but may

in a little time be forgotten. Beſides, we are apt to turn Forms into Formalities; and a natural Diſcharge of religious Duties muſt be more improving than an artificial one.

A ſerious well-inclin'd Temper of Mind is certainly the beſt Preparation for the LORD'S SUPPER, or any other of the Ordinances of Jeſus Chriſt, that we may partake of 'em with Advantage and Delight.

*David* adviſes us to delight ourſelves in the Lord, *i. e.* in all his Ways and Ordinances; and there is no Reaſon that our Preparation for the LORD'S TABLE, and Participation at it, ſhould be accompany'd with greater Anxieties of Mind, than our communicating in any other holy Office; ſuch as publick Prayer or Preaching. We expect the ſame Bleſſing of God in the Improvement of our Virtues from all of theſe Ordinances alike. And why with Terror upon our Minds we ſhould uſe any of thoſe Means which God has ordain'd for our Good, is not eaſy to be underſtood. A Man indeed ought to perform every religious Office ſeriouſly and ſoberly; but Fear, by amuſing and diſtracting the Mind, is apt to render the Ordinance unprofitable.

Men ought likewiſe to be diſcourag'd from coming to Prayer, Preaching or Communicating at the LORD'S TABLE, with a careleſs, or profane Temper of Mind; becauſe ſuch Unpreparedneſs does harden Men's Hearts, and renders the Ordinance unprofitable. Such as this was the Caſe of the *Corinthians*, who in celebrating the LORD'S SUPPER, were ſo inconſiderate of what they came to do, that ſome were drunk at the Lord's Table, as you read, 1 *Cor.* xi. 21. *For in eating every one taketh before other his own Supper; and one is hungry, and another is drunken;* and

and to this their prophane Behaviour, thoſe Texts of Scripture do particularly relate, which affright ſome Men from, and others in receiving the Sacrament: On this Account 'twas ſaid, by St. *Paul*, *That they were guilty of the Body and Blood of Chriſt*; *and to eat and drink Damnation to themſelves, not diſcerning the Lord's Body*, ver. 27, 29. *i. e.* by ſuch a profane and unworthy Communicating, they call down God's Judgments upon themſelves; for ſo the Word Damnation ought to be underſtood, becauſe it refers to the Judgments ſpecify'd in the following Verſe, where 'tis ſaid, that, *For this Cauſe* (*viz.* of drunken Communicating) *many are weak and ſickly among you, and many ſleep*, i. e. *die*, ver. 30. Now to avoid theſe Judgments he exhorts them to examine themſelves, *i. e.* to conſider with themſelves what was the meaning of that Duty which they were to perform at the LORD'S TABLE, which Duty was this, *viz.* to call to mind the Death of Jeſus Chriſt. And this Commemoration is by St. *Paul* ſtil'd, *Diſcerning the Lord's Body*.

The viſible Signs of our Saviour's Death, which we diſcern on the LORD'S TABLE, do prepare our Minds to contemplate a divine Perſon, who for his great Charity to the ſtupid World, ſuffer'd the higheſt Injuſtice, with ſuch an invincible Patience, and Heroick Fortitude, as was ſuperior to the ſharpeſt Malice of his Enemies. Thereby ſetting before us the brighteſt Example of an unſhaken Reſolution to do Good in ſpight of all Diſcouragements.

It is to be hoped that it may appear by this Diſcourſe, that the Chriſtian Religion is a wiſe, a plain, and a ſhort Inſtitution, the Belief whereof was deſign'd to ſave our Souls from the Power and Danger of Sin, by ingrafting

virtuous Habits in our Minds. The Readers will likewise perceive, that it is neceſſary to keep a conſtant Watch over ourſelves, to repent as often as we perceive ourſelves to tranſgreſs, and by occaſional mental Devotion, incline our Hearts to obſerve the Law of Chriſt; and all this in order to build up a Habit of Virtue within us. They will alſo perceive, that the Contemplation of the Death of Chriſt, with all its Circumſtances, tends to the ſame admirable End.

And if theſe, or any other Means, ſhall work upon them to be generouſly juſt, to bear a good Will to all Men, to do what Good they can, and to be unconcern'd for the Events of Things which are not within their Power, they will be eaſy within themſelves, and ſatisfy'd in their own Conſciences, which is the Dawn of Heaven upon Earth, and they may chearfully communicate at any time.

## CHAP. II.

### *Of* MODESTY.

HAVING ſaid all that we thought proper, and all that we believe will be neceſſary on the Head of Religion, we ſhall next ſpeak of that amiable Quality in the Fair Sex called, MODESTY, which is properly termed, *The Science of decent Motion*, being a Guide and Regulator of all decent and comely Carriage and Behaviour; it checks and controuls all rude Extravagances, and is the great

Civilizer

Civilizer of Converſations. It is indeed a Virtue of a general Influence, does not only ballaſt the Mind with ſober and humble Thoughts of ourſelves, but alſo ſteers every Part of the outward Frame. It appears in the Face in calm and meek Looks, where it ſo impreſſes itſelf, that it ſeems thence to have acquired the Name of *Shamefac'dneſs*. Certainly, whatever the modern Opinion may be, there is nothing which gives a greater Luſtre to a Feminine Beauty. For when Women have ſtrain'd the Art of adorning themſelves to the higheſt Pitch, an innocent Modeſty, and native Simplicity of Look, ſhall eclipſe their glaring Splendour, and triumph over their artificial Handſomeneſs: On the other Hand, if Boldneſs be read in her Face, it blots all the Traces of Beauty, and, like a Cloud over the Sun, intercepts the View of all that was otherwiſe amiable, and renders its Blackneſs the more obſervable, by being placed near ſomewhat that was apt to attract the Eyes.

But Modeſty is not only confined to the Face, ſhe is there only in Shadow and Effigy, but is in Life and Motion in the Words; whence ſhe baniſhes all Indecency and Rudeneſs, all inſolent Vauntings, and ſupercilious Diſdains, and whatever elſe may render a Perſon troubleſome or ridiculous to Company. It refines and tunes the Language, modulates the Tone and Accents, not admitting the Intruſion of unhandſome, earneſt, or loud Diſcourſe; ſo that the modeſt Tongue is like the imaginable Muſick of the Spheres, ſweet and charming, but not to be heard at a Diſtance.

As Modeſty preſcribes the Manner, ſo it alſo does the Meaſure of Speaking; it reſtrains all exceſſive Talkativeneſs, for that, indeed, is one of the greateſt Aſſumings imaginable;

imaginable; and ſo rude an impoſing on Company, that there can ſcarce be a greater Indecency in Converſation. This is ingeniouſly expreſs'd by our divine Poet *Herbert.*

*A civil Gueſt*
*Will no more talk all, than eat all the Feaſt.*

He that ingroſſes the Talk enforces Silence upon the reſt, and ſo is preſumed to look on them only as his Auditors and Pupils, whilſt he magiſteriouſly dictates to them; which gave Occaſion to *Socrates* to ſay, *It is Arrogance to ſpeak all, and to be willing to hear nothing.* It is indeed univerſally an inſolent unbecoming thing, but moſt peculiarly ſo in a Woman.

The ancient *Romans* thought it ſo much ſo, that they allowed not that Sex to ſpeak publickly, tho' it were in their own neceſſary Defence; inſomuch that when *Aneſia* ſtood forth to plead her own Cauſe in the Senate, they look'd on it as ſo prodigious a thing, that they ſent to conſult the Oracle what it portended to the State. And tho' theſe firſt Severities were ſoon loſt in the Succeſſes of that Empire, *Valerius Maximus* could find but two more, whoſe either Neceſſity or Impudence perſuaded them to repeat this unhandſome Attempt.

Beſides this aſſuming Sort of Talkativeneſs, there is another uſually charged upon the Fair Sex, a meer chatting, prattling Humour, which maintains itſelf at the Coſt of their Neighbours, and can never want Supplies as long as there is any body within the Reach of their Obſervation. This, it is to be hoped, is chiefly the Vice of the vulgar Sort of Women, the Education of the Nobler ſetting them above

above thoſe mean Entertainments. Yet when it is remembered that St. *Paul* makes Tatling the Effect of Idleneſs, it may not unreaſonably be feared, that where there is moſt of the Cauſe, there will be ſome of the Effect. And, indeed, it would puzzle one to conjecture, how that Round of formal Viſits among Perſons of Quality ſhould be kept up without this. That their Viſits ſhould be only a dumb Shew, none will ſuſpect among Women; and when the unfaſhionable Themes of Houſewifry, Piety, *&c.* are excluded, there will not remain many Topicks of Diſcourſe, unleſs this be called in for a Supply, and this, indeed, is a moſt inexhauſtible Reſerve, it having ſo many Springs to feed it, that it is ſcarce poſſible it ſhould fail; yet how careful ought the Fair Sex to be of giving way to this Vice, which is not only *immodeſt*, but directly oppoſite to all the Obligations of Juſtice and Charity, which are ſcarce ſo frequently violated by any thing, as by this Licentiouſneſs of the Tongue.

Such a degenerate Age do we now live in, that every thing ſeems inverted, even Sexes, whilſt Men fall into the Effeminacy and Niceneſs of Women, and Women take up the Confidence, the Boldneſs of Men, and this too under the Notion of good Breeding. A Bluſh, which was formerly accounted the Colour of Virtue, is now looked on as worſe Manners than thoſe Things which ought to occaſion it. And not only the Air but Vices of Men are carefully copied by ſome Women, who think they have not made a ſufficient Eſcape from their Sex, till they can be as daringly wicked as the other. A ſober modeſt Dialect is too effeminate for them; a bluſtring ranting Stile is taken up, and, to ſhew them Proficients in it, adorned with

with all the Oaths and Imprecations their Memory or Invention can ſupply, as if they meant to vindicate their Sex from the Imputation of Timerouſneſs by daring the Almighty: And when to this a Woman adds the Vice of Drunkenneſs, nothing that is human approaches ſo near the Beaſt. She who is firſt Proſtitute to Wine, will ſoon be ſo to Luſt alſo: She has diſmiſs'd her Guards, diſcarded all the Suggeſtions of Reaſon, as well as Grace, and is at the Mercy of any, nay, every Aſſailant: And unleſs her Vice ſecure her Virtue, and the Loathſomeneſs of the one prevent Attempts on the other, it is ſcarce imaginable a Woman who loſes her Sobriety ſhould keep her Chaſtity. If we conſider Modeſty in this Senſe we ſhall find it the moſt indiſpenſable Requiſite of a Woman; a Thing ſo eſſential and natural to the Sex, that every the leaſt Declination from it, is a Proportionable receding from Womanhood. This Virtue is ſo much an Inſtinct of Nature, that tho' too many make a ſhift to ſuppreſs it in themſelves, yet they cannot ſo darken the Notion in others, but that an impudent Woman is looked upon as a ſort of Monſter, a thing diverted and diſtorted from its proper Form. That there is indeed a ſtrange Repugnancy to Nature, needs no other Evidence, than the ſtruggling and Difficulty in the firſt Violations of Modeſty, which always begin with Regrets and Bluſhes, and require a great deal of Self-Denial, much of vicious Fortitude, to encounter with the Recoilings and Upbraidings of their own Minds. Such are the Horrors and Shames that precede thoſe firſt Guilts, that they muſt commit a Rape upon themſelves, force their own Reluctancies and Averſions, before they can become willing Proſtitutes to others. This their Seducers ſeem well to underſtand,

ſtand, and upon that Score are at the Pains of ſo many preparatory Courtings, ſuch Expence of Preſents too, as if this were ſo uncouth a Crime, that there were no Hope to introduce it but by a Confederacy of ſome familiar Vices, their Pride or their Covetouſneſs.

The beſt way to countermine the Stratagems of Men, is for Women to be ſuſpiciouſly vigilant even of the firſt Approaches. The General who would defend a Fort muſt not abandon the Outworks, and ſhe, who will ſecure her Chaſtity, muſt never let it come to too cloſe a Siege, but repel the very firſt and moſt remote Inſinuations of a Tempter. Therefore when we ſpeak of Modeſty in our preſent Notion of it, we are not to oppoſe it only to the groſſer Act of Incontinency, but to all thoſe Misbehaviours, which either diſcover or may create an Inclination to it; of which Sort is all Lightneſs of Carriage, wanton Glances, obſcene Diſcourſe, Things that ſhew a Woman ſo weary of her Honour, that the next Comer may reaſonably expect a Surrender, and conſequently be invited to the Aſſault: Yet is not this the only State of Danger; they who keep their Ranks, and tho' they do not provoke Aſſaults, yet ſtay to receive them, may be far enough from Safety. She who lends a patient Ear to the Praiſes of her Wit and Beauty, intends at firſt perhaps only to gratify her Vanity, but when ſhe is once charmed with that Syren's Song, bewitched with that Flattery, ſhe inſenſibly declines to a Kindneſs for that Perſon who values her ſo much; and when that Spark ſhall be blown up by perpetual Remonſtrances of Paſſion, and perhaps little Romantic Artifices of pretending to die for her, with a thouſand other Tricks, which Luſt can ſuggeſt, it will ſoon grow to an

unquenchable Flame, to the Ruin both of her Virtue and Honour.

Let no Woman therefore preſume upon the Innocence of her firſt Intentions; ſhe may as well, upon Confidence of a ſound Conſtitution, enter a Peſt-Houſe, and converſe with the Plague, whoſe Contagion does not more ſubtily inſinuate itſelf, than this Sort of Temptation: And as in that Caſe ſhe would not ſtay to define what was the critical Diſtance, at which ſhe might approach with Safety, but would run as far from it as ſhe could; ſo in this, it no leſs concerns her, to remove herſelf from the Poſſibility of Danger, and (how unfaſhionable ſoever it be) to put on ſuch a ſevere Modeſty, that her very Looks ſhould guard her, and diſcourage the moſt impudent Aſſailant: But perhaps that Sex may fear, that by putting on ſuch a Strictneſs, they ſhall loſe the Glory of their Beauty, which is now eſtimated by the Number of thoſe who court and adore them. To this, in the firſt Place, it may be ſaid, that they are miſerable Trophies to Beauty that muſt be built on the Ruins of Virtue and Honour; and ſhe that to boaſt the length of her Hair ſhould hang herſelf in it, would but act the ſame Folly in a lower Inſtance.

But then ſecondly, 'tis a great Miſtake to think their Beauty ſhall be leſs prized, ſince it is incident to Man's Nature to eſteem thoſe Things moſt that are at a Diſtance, whereas an eaſy and cheap Deſcent begets Contempt. There is nothing like Reſervedneſs that can make their Beauty triumphant. Parly and Conqueſt are the moſt diſtant Things, and ſhe that deſcends to treat with an Aſſailant, whatever he may tell her of his being her Captive, 'tis but in order to the making her his, which when ſhe

once

once is, there is no State of Servitude half ſo wretched, nothing in the World being ſo ſlaviſhly abject as a proſtitute Woman: For beſides all the Intereſt of another Life, which ſhe baſely reſigns, ſhe ſacrifices all that is valuable in this: Her Reputation ſhe put wholly in his Power that has debauched her, and which is worſe her Reformation too: If ſhe ſhould have a Mind to return to Virtue ſhe dares not for fear he ſhould divulge her former Strayings from it; ſo that like *Cataline*, ſhe is engaged to further Evils to ſecure the paſt. She is ſubject not only to his Luſt, but to all his Humours and Fancies, nay, even to all thoſe who have been inſtrumental to their Privacies, none of them all being to be diſpleaſed for fear of blabbing: And when it is remembred, what Sort of Cattle they are, which are commonly the Engines in ſuch Affairs, there can ſcarce be any thing more deplorable than to be within their Laſh. Women who have abandoned their Virtue are in the moſt ſervile and wretched Condition whatever.

Let all thoſe, therefore, who are yet untainted, and by being ſo, have their Judgments clear and unbias'd, conſider ſoberly the Miſery of the other Condition, and that not only to applaud, but ſecure their own; and whenever the outward Pomps and gaudy Splendors of a vitiated Woman ſeem, like that of *Creſus*, to boaſt their Happineſs, let them look thro' that Fallacy, and anſwer with *Solon*, *That thoſe only are happy who are ſo at their End.* Their moſt exquiſite Deckings are but like the Garlands on a Beaſt deſign'd for Sacrifice; their richeſt Gems are but the Chains, not of their Ornament but Slavery; and their gorgeous Apparel, like that of *Herod*, covers, perhaps, a

putrid Body, (for even that doth not ſeldom prove their Fate) or, however, a more putrid Soul. They who can thus conſider them, will avoid one great Snare; for 'tis not always ſo much the Luſt of the Fleſh, as that of the Eyes which betrays a Woman. 'Tis the known Infirmity of the Sex, to love Gaiety, and a ſplendid Appearance, which renders all Temptations of that Sort ſo connatural to them, that thoſe who are not arrived to a more ſober Eſtimate of Things, will ſcarce be ſecure. It will, therefore, be neceſſary for them to regulate their Opinions, and reduce all ſuch Things to their juſt Value, and then they will appear ſo trifling, that they can never maintain any Competition with the more ſolid Intereſts of Virtue and Honour: For tho' thoſe Terms ſeem, in this looſe Age, to be exploded, yet, where the Things are viſible, they extort a ſecret Veneration, even from thoſe who think it their Concern publickly to deride them: Whereas, on the other Side, a Defection from them expoſes to all the Contempt imaginable, renders them deſpis'd even by thoſe who betray'd them to it, leaves a perpetual Blot upon their Names and their Family. For in the Character of a Woman, let Wit and Beauty and all Female Accompliſhments ſtand in the Front, yet if Wantonneſs bring up the Rear, the Satyr ſoon devours the Panegyric, and, as in an Echo, the laſt Words only will reverberate, and her Vice will be remembred when all the reſt is forgot.

What hath been already ſaid, may be ſufficient to convince every Woman how much it is her Concern to keep herſelf ſtrictly within the Bounds of Modeſty and Virtue.

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In order to which, there is nothing more important than a judicious Choice of their Company.

Vice is contagious, and this eſpecially has that worſt Quality of the Plague, that 'tis malicious, and would infect others. A Woman that knows herſelf ſcandalous thinks ſhe is reproach'd by the Virtue of another, looks on her as one that is *made to reprove her Ways*, as it is, *Wiſd.* ii. 14. and therefore in her own Defence ſtrives to level the Inequality, not by reforming herſelf, (that ſhe thinks too hard a Task) but by corrupting the other. To this End ſuch are willing to ſcrew themſelves into an Acquaintance, will be officiouſly kind, and by all Arts of Condeſcention and obliging, endeavour to enſnare a Woman of Reputation into their Intimacy: And if they ſucceed, if they can but once entangle her into that Cobweb-Friendſhip, they then, Spider like, infuſe their Venom, never leave their vile Inſinuations 'till they have poiſoned and ruined her. But if, on the other Side they meet with one of too much Sagacity to be ſo entrapped; if they cannot taint her Innocence, they will endeavour to blaſt her Fame; repreſent her to the World to be what they would have made her: So that there is no converſing with them, but with a manifeſt Peril, either of Virtue or Honour, which ſhould be a ſufficient Diſſuaſive. It is true, it is not always in one's Power to ſhun the meeting with ſuch Perſons, they are too numerous, and too intruding to be totally avoided: But all voluntary Converſe ſuppoſes a Choice, and therefore every body that will, may refrain that, may keep on the utmoſt Frontiers of Civility, without ever ſuffering any Approach towards Intimacy and Familiarity.

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Were this Diſtance to be duly obſerved, it might be of excellent Uſe, and ſeems very well to agree with the Senſe of *Solon*, the wiſe *Athenian* Law-giver, who, beſides that he ſhut the Temple Doors againſt them, interdicted them the ſacred Aſſemblies, made it one of his Laws, that an Adultreſs ſhould not be permitted to wear any Ornaments, that ſo they might in their Dreſs carry the Note of their Infamy. Should we have the like Diſtinction obſerved, it is to be feared that many of our gayeſt Birds would be unplumed: And tho' the ſame be not now an Expedient practicable, yet the former is, and might be of very good Uſe. For beſides that already mentioned of ſecuring the Innocent, it might, perhaps, have a good Effect on the Guilty, who could not but reflect with ſome Shame on themſelves, if they were thus ſingled out and diſcriminated: Whereas, whilſt they are ſuffered to mix with the beſt Societies, like hurt Deer in an Herd, they flatter themſelves they are undiſcernable.

But indeed the Advantage of this Courſe is yet more extenſive, and would reach the whole Sex, which now ſeems to lie under a general Slander, for the Faults of particular Perſons. We know any conſiderable Number of ſmutty Ears caſt a Blackneſs on the whole Field, which yet were they apart, would, perhaps, not fill a ſmall Corner of it; and in this uncharitable Age, Things are apt to be denominated, not from the greater, but worſer Part: Whereas, were the Precious ſevered from the Vile, by ſome Note of Diſtinction, there might then a more certain Eſtimate be made. And we cannot be ſo ſevere to Womankind, as not to believe the ſcandalous Part would then make but a ſmall Shew, which now makes

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ſo great a Noiſe: Beſides this there can be but one more Way ſuggeſted for Women of Honour to vindicate their Sex, and that is, by making their own Virtue as illuſtrious as they can; and by the bright Shine of that, draw off Mens Eyes from the worſer Proſpect; and to this there is required not only Innocence, but Prudence, to abſtain as from all real Evil, *ſo from the Appearance of it too*; not by any doubtful or ſuſpicious Action, to give Umbrage for Cenſure, but, as the Apoſtle ſays, in another Caſe, *To cut off Occaſion from them that deſire Occaſion*; to deny themſelves the moſt innocent Liberties when any ſcandalous Inference is like to be deduc'd from them: And tho' perhaps no Caution is enough to ſecure againſt the Malicious and the Jealous, tho' 'tis poſſible ſome black Mouth may aſperſe them, yet, they have ſtill *Plato*'s Reſerve, who being told of ſome who had defam'd him, *'Tis no Matter*, ſaid he, *I will live ſo that none ſhall believe them.* If their Lives be ſuch, that they may acquit themſelves to the Sober and Unprejudiced, they have all the Security can be aſpired to in this World; the more evincing Atteſtation, they muſt attend from the unerring Tribunal hereafter, where there lies a certain Appeal for all injur'd Perſons who can calmly wait for it.

But notwithſtanding what has been ſaid of Modeſty, let not a Woman think that her whole Virtue depends on that only; there are ſome Women, who know no other, and are perſuaded, that in this, they acquit all the Duties of Society: They think they have a Privilege to fail in all the reſt, to be proud, arrogant, and to ſlander with Impunity. *Anne* of *Bretagne* in *France*, was a Princeſs ſo imperious and haughty, that ſhe try'd very much

much the Patience of *Lewis* XII. This Prince uſed often to ſay, in complying with her Temper, *We muſt expect to pay for the Chaſtity of Woman.* Let not Women exact this Payment, but remember, that it is a Virtue which regards only themſelves, and which loſes its Luſtre when unaccompany'd by others.

Modeſty ought to diffuſe itſelf thro' all their Actions and embelliſh the whole Conduct of the Female Sex. It is fabled, that *Jupiter*, in compoſing the Paſſions, gave each its particular Reſidence. Modeſty was forgotten in this Diſtribution, and preſenting itſelf, he was at a Loſs where to place it, and therefore permitted it to mingle with all the others: Since that Time, it is inſeparable from them. It is a Friend to Truth, and betrays the Deceptions that preſume to attack it; it is linked and united particularly to Love, is ever in his Company, and often diſcovers his Votaries; nay, he is diveſted of his Charms the Moment he is without it. In ſhort, there is nothing ſo becoming, nothing gives a greater Grace to all Perſons, than Modeſty.

## CHAP. III.

### *Of* MEEKNESS.

IN the next Place we may rank Meekneſs as a neceſſary Feminine Virtue; this even Nature ſeems to teach, which abhors Monſtroſities and Diſproportions, and there-

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fore having allotted to Women a more ſmooth and ſoft Compoſition of Body, infers thereby her Intention, that the Mind ſhould correſpond with it. For tho' the Adulterations of Art can repreſent in the ſame Face Beauty in one Poſition, and Deformity in another, yet, Nature is more ſincere, and never meant a ſerene and clear Forehead ſhould be the Frontiſpiece to a cloudy tempeſtuous Heart. 'Tis, therefore, to be wiſh'd they would take the Admonition, and, whilſt they conſult their Glaſſes, whether to applaud or improve their outward Form, they would caſt one Look inwards, and examine what Symmetry is there held with a fair Outſide, whether any Storm of Paſſion darken and overcaſt their interior Beauty, and uſe, at leaſt, an equal Diligence to reſcue that, as they would to clear their Face from any Stain or Blemiſh.

But it is not Nature only which ſuggeſts this, but the God of Nature too, Meekneſs being not only recommended to all as a Chriſtian Virtue, but particularly enjoin'd to Women as a peculiar Accompliſhment of their Sex, 1 *Pet.* iii. 4. where after the Mention of all the exquiſite and coſtly Deckings of Art, this one *Ornament of a meek and quiet Spirit*, is confronted to them, with this eminent Atteſtation, that it is *in the Sight of God of great Price*, and, therefore, to all who will not enter diſpute with God and conteſt his Judgment, it muſt be ſo too. Now, tho' Meekneſs be in itſelf a ſingle entire Virtue, yet, it is diverſify'd according to the ſeveral Faculties of the Soul, over which it has Influence; ſo that there is a Meekneſs of the Underſtanding, a Meekneſs of the Will, and a Meekneſs of the Affections; all which muſt concur to make up the meek and quiet Spirit.

*First*, The Meekneſs of the Underſtanding conſiſts in a Pliableneſs to Conviction, and is directly oppoſite to that ſullen Adherence obſervable in too many, who judge of Tenets not by their Conformity to Truth and Reaſon, but to their Prepoſſeſſions, and tenaciouſly retain'd Opinions, only becauſe they, or ſome in whom they confide, have once own'd them, and certainly ſuch a Temper is, of all others, the moſt obſtructive to Wiſdom. This puts them upon the Chance of a Lottery, and what they firſt happen to draw determines them merely upon the Privilege of its Precedency: But whilſt we decry this prejudicated Stiffneſs, we ought not to plead for its contrary Extreme, and recommend a too eaſy Flexibility, which is a Temper of equal, if not more ill Conſequence than the former. The adhering to one Opinion can expoſe but one Error, but a Mind that lies open to the Effluxes of all new Tenets, may ſucceſſively entertain a whole Ocean of Deluſions; and to be thus yielding, is not a Meekneſs, but Servileneſs of Underſtanding.

A ſecond ſort of Meekneſs is that of the Will, which lies in its juſt Subordination and Submiſſion to a more ſupreme Authority, which in divine Things is the Will of God; in Natural or Moral, right Reaſon; and in human Conſtitutions, the Command of Superiors: And ſo long as the Will governs itſelf by theſe in their reſpective Orders, it tranſgreſſes not the Meekneſs requir'd of it. But Experience atteſt, that the Will is now in its Depravation an imperious Faculty, apt to caſt off that Subjection to which it was deſign'd, and act independently from thoſe Motives which ſhould influence it. This, God knows, is too common in all Ages, all Conditions, and Sexes; but the Feminine

minine lies more eſpecially under an ill Name for it: Whether that hath grown from the low Opinion conceived of their Reaſon, leſs able to maintain its Empire, or from the multiply'd habitual Inſtances, which, they themſelves have given of unruly Wills, is not eaſy to determine; but, either Way, it is ſo great a Reproach as they ſhould be very induſtrious to wipe off. And, truly, there can be no ſtronger Incentive to that Endeavour, than having a right Eſtimate of the Happineſs, as well as Virtue, of a governable Will: How calmly do thoſe glide thro' all, even the rougheſt, Events, that can but maſter that ſtubborn Faculty? A Will reſigned to God's, how does it enervate and enfeeble any Calamity? Nay, indeed, it triumphs over it, and by that Conjunction with him that ordains it, may be ſaid to command, even, what it ſuffers. It was a Philoſophical Maxim, that a wiſe moral Man could not be injured, could not be miſerable. But, ſure it is much more true of him who has that divine Wiſdom of Chriſtian Reſignation, that twiſts and inwarps all his Choices with God's, and is neither at the Pains nor Hazards of his own Elections, but is ſecure, that unleſs Omniſcience can be deceived, or Omnipotence defeated, he ſhall have what is really beſt for him.

Proportionable, tho' not equal to this, is the Happineſs of a Will regulated by Reaſon in things within its Sphere: It is the Dignity of human Nature, and that which diſtinguiſhes it from that of Beaſts. And, even thoſe grow the more contemptible in the Kinds, the farther they are removed from it.

An ungovernable Will is the moſt precipitous thing imaginable, and, like the Devil in the Swine, hurries

headlong to Deſtruction; and, yet, deprives one of that poor Reſerve, that faint Comfort of the Miſerable, Pity, which will not be ſo much invited by the Miſery, as averted by that Wilfulneſs which cauſed it: Nay, indeed, ſo little can ſuch Perſons expect the Compaſſion of others, that 'twill be hard for them to afford themſelves their own: The Conſciouſneſs that their Calamities are but the Iſſues of their own Perverſneſs, being apt to diſpoſe them more to Hate than Pity. And, this is no ſmall Accumulation of Wretchedneſs, when a Man ſuffers not only directly, but at the Rebound too; reinflicts his Miſeries upon himſelf, by a grating Reflection on his own Madneſs. Yea, ſo great an Aggravation is it, that even Hell itſelf is enhanced and compleated by it; all the Torments there, being edg'd and ſharpned by the woful Remembrance, that they might once have been avoided.

In the laſt Place, a Will duly ſubmiſſive to lawful Superiors, is not only an amiable thing in the Eyes of others, but exceedingly happy to one's ſelf; it is the Parent of Peace, and Order both public and private. A Bleſſing ſo conſiderable, as is very cheaply bought with a little receding from one's own Will or Humour: Whereas the contrary Temper is the Spring and Original of infinite Confuſions, the grand Incendiary which ſets Kingdoms, Churches, Families, in Combuſtion; a flat Contradiction not only to the Word, but even the Works of God; a kind of anticreative Power, which reduces Things to that Chaos from whence God drew them. Our Age has given us too many and too pregnant Inſtances of its miſchievous Effects, which may ſerve to enhance the Value of that governable and malleable Temper we would recommend.

And as a Will thus reſigned to Reaſon and juſt Authority, is a Felicity all rational Natures ſhould aſpire to, ſo eſpecially the Feminine Sex, whoſe Paſſions being naturally the more impetuous, ought to be the more ſtrictly guarded and kept under the ſevere Diſcipline of Reaſon; for where it is otherwiſe, where a Woman has no Guide but her Will, and her Will is nothing but her Humour, the Event is ſure to be fatal to herſelf, and often to others alſo.

And the Hazard of this renders that other Reſtraint of the Will, *viz.* that of Obedience to Superiors, a very happy Impoſition, tho', perhaps, it is not always thought ſo; for thoſe who reſiſt the Government of Reaſon, are not very apt to ſubmit to that of Authority. Yet, ſure God and Nature do atteſt the particular Expediency of this to Women, by having placed that Sex in a Degree of Inferiority to the other. Nay, farther, 'tis obſervable, that as there are but three States of Life, thro' which they can regularly paſs, *viz.* Virginity, Marriage, and Widowhood, two of them are States of Subjection, the Firſt to the Parent, the Second to the Husband, and the Third, as it is caſual, whether ever they arrive to it or no, ſo if they do, we find it, by God himſelf, reckoned as a Condition the moſt deſolate and deplorable. If we ſhould ſay, this happens upon that very Score, that they are left to their own Guidance, the ſad Wrecks of many would too much juſtify the Gloſs: But, however, it evinces, that God ſets not the ſame Value upon their being Maſterleſs, which ſome of them do, whilſt he reckons them moſt miſerable when they are moſt at Liberty.

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And ſince God's Aſſignation has thus determined Subjection to be the Women's Lot, there needs no other Argument of its Fitneſs, or for their Acquieſcence: Therefore, whenever they oppoſe it, the Contumacy flies higher than the immediate Superior, and reaches God himſelf: And it is likely that there would not many of that timorous Sex dare ſo far, were it not for ſome falſe Punctillio's of Honour, which, like thoſe among our Duelliſts, they have impoſed upon themſelves. Theſe repreſent Meekneſs and Submiſſion as a ſilly ſheepiſh Quality unfit for Women of Breeding and Spirit; whilſt an imperious Obſtinacy paſſes for Nobleneſs and Greatneſs of Mind: But, alaſs! they are wofully miſtaken in their Notion of a great Spirit, which conſiſts in ſcorning to do unworthy and vile Things, and couragiouſly encountring the adverſe Events of Life, not in ſpurning at Duty, or ſeeking to pull themſelves from that Sphere where the divine Wiſdom has placed them. No ſure, Stubbornneſs is the Mark only of a great Stomach, not of a great Mind; and the Cruelty of a Coward may as well denominate him valiant, as the Ungovernableneſs of a Woman can ſpeak her generous.

This may be preſumed to be the common Senſe of all, for what Value ſoever they put upon themſelves, nothing renders them leſs acceptable to others; an imperious Woman being a Plague to her Relatives, and a Deriſion to Strangers, yea, and a Torment to herſelf; every the leaſt Contradiction, which a meek Perſon would paſs over inſenſibly, inflaming ſuch an unruly Temper, and tranſporting her to ſuch Extravagancies, as often produce very miſchievous Effects.

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On the other ſide, if ſhe be humour'd and complied with, that ſerves only to make her more inſolent and intolerable, makes her Humours grow to ſuch an height, that ſhe knows not herſelf what would pleaſe her, and yet expects that others ſhould; ſo that to ſuch a one, we may apply what *Hannibal* ſaid of *Marcellus*, *That if he were vanquiſhed, he never gave Reſt to himſelf, nor if he were victorious, to others.* Certainly the Uneaſineſs of a perverſe Spirit is ſo great, that could ſuch come but to compare it with the Calm and happy Serenity of Meekneſs and Obedience, there would need no other Lecture to commend them to their Eſteem or Practice.

The laſt Branch of Meekneſs is that of Affections, and conſiſts in reducing the Paſſions to a Temper and Calmneſs, not ſuffering them to make Uproars within to diſturb one's ſelf, nor without to the diſquieting of others; and to this Regulation Meekneſs is generally ſubſervient. The correcting ſome particular Paſſions are more immediately aſſignable to other Virtues; but that on which this has a more direct and peculiar Influence is Anger, a two-edged Paſſion, which whilſt it deals its Blows without, yet wounds more fatally within. The Commotion and Vexation which an angry Man feels, is far more painful than any thing he can ordinarily inflict upon another; herein juſtifying the Epithet uſually given to Anger, that it is a ſhort Madneſs, for who that were in his right Wits would incur a greater Miſchief to do a leſs? It is, indeed, ſo great a Diſtemper of the Mind, that he that is poſſeſs'd with it is incompetent for any ſober Undertaking, and ſhould as much be ſuſpended from acting, as one in a Phrenzy or Lunacy. This was the Judgment and Practice too of *Plato*, who going

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to chaſtiſe a Servant, and finding himſelf grow angry, ſtopt his Correction; a Friend coming in and asking what he was doing? *Puniſhing*, replies he, *an angry Man*, as thinking himſelf unfit to diſcipline another, till he had ſubdued his own Paſſion. Another Time his Slave offended him, *I would beat thee*, ſaid he, *but that I am angry*. It were endleſs, indeed, to recite the black Epithets given by all Moraliſts to this Vice. It may ſuffice to take the Suffrage of the Wiſeſt of Men, one who had acquainted himſelf *to know Madneſs and Folly*. *Eccle.* i. 17. And we find it his Sentence that *Anger reſts in the Boſom of Fools*. *Eccle.* vii. 9.

And what is thus univerſally unbecoming to human Nature, cannot ſure be leſs indecent for the gentler Sex: It is rather more ſo, every thing contracting ſo much more of Deformity, by how much it recedes from its proper kind. Now Nature hath befriended Women with a more cool and temperate Conſtitution, put leſs of Fire, and conſequently of Choler, in their Compoſitions; ſo that their Heats of that kind are adventitious and preternatural, raiſed often by Fancy or Pride, and ſo both look more unhandſomely, and have leſs of Pretence to veil and cover them. Beſides, Women have a native Feebleneſs, unable to back and aſſert their Angers with any effective Force, which may admoniſh them 'twas never intended they ſhould let looſe to that Paſſion, which Nature ſeems by that very Inability to have interdicted them: But when they do it, they render themſelves at once deſpis'd and abhor'd; nothing being more ridiculouſly hateful, than an impotent Rage.

But as the moſt feeble Inſect may ſometimes diſturb, tho' not much hurt us, ſo there is one Feminine Weapon, which

which as 'tis always ready, ſo proves often troubleſome, *viz.* the Tongue, which, tho' in its loudeſt Clamours can naturally invade nothing but the Ear, yet, even that is a Moleſtation. The Barking of a Dog, tho' we are ſecure he cannot bite, is a grating unpleaſant Sound, and while Women ſeek that way to vent their Rage, they are but a ſort of ſpeaking Brutes, and ſhould conſider whether that do not reflect more Contempt upon themſelves, than their moſt virulent Reproaches can fix upon others.

But ſome Things have had the Luck to acquire a Formidableneſs no body knows how: And, ſure, there is no greater Inſtance of it than in this Caſe. A clamorous Woman is look'd upon, tho' not with Reverence, yet with much Dread; and we often find Things done to prevent or appeaſe her Storms, which would be denied to the calm and rational Deſires of a meeker Perſon. And, perhaps, ſuch Succeſſes have not been a little acceſſory to the fomenting the Humour: Yet, ſure it gives them little Cauſe of triumph, when they conſider how odious it makes them, how unfit, yea, intolerable, for human Society: *It is better*, ſaith *Solomon*, *to dwell in a Corner of a Houſe Top, than with a brawling Woman in a wide Houſe.* Nor does the Son of *Sirac* ſpeak leſs ſharply, tho' more ironically, *A loud crying Woman and a Scold, ſhall be ſought out to drive away the Enemy:* And tho' he taxes the Feminine Vices impartially enough, yet, there is ſcarce any of them which he more often and more ſeverely brands, than this of Unquietneſs: It ſeems it was a thing generally look'd upon as very inſufferable, as appears by *Socrates*, who, when he deſigned to diſcipline himſelf to perfect Patience and Tolerance, knew no better Way of

Exerciſe, than to get a Shrew to his Wife, an Excellence, that may, perhaps, again recommend a Woman, when we fall to an Age of Philoſophers; but, at preſent, it will be hard for any of our *Xantippes* to find a *Socrates*; and, therefore, that Quality is as deſtructive to their Intereſts in getting Huſbands, as it is to the Huſband when he is got. Much more need not be ſaid of this Fault if we were to ſpeak only to Gentlewomen, for if neither moral nor divine Conſiderations have prevented it; yet probably Civility and a genteel Education hath: A Scold being a Creature to be look'd for only in Stalls and Markets. Yet if there be any, among Women of Faſhion, who have deſcended to ſo ſordid a Practice, they have ſo far degraded themſelves, that they are not to wonder if others ſubſtract that Reſpect, which upon other Accounts they might demand.

To ſuch the uſual Method of Phyſic ſhould be recommended, which is to cure by Revulſion: They ſhould let that ſharp Humour which ſo habitually flows to the Tongue, be taught a little to recoil and work inward; and inſtead of reviling others, diſcipline and correct themſelves; let them upbraid their own Madneſs, that to gratify an impotent, nay, a moſt painful Paſſion, have degenerated from what their Nature, their Qualities, their Education, deſign'd them: And if they can thus reverſe their Diſpleaſures, 'twill not only ſecure others from all their indecent Aſſaults, but it will at laſt extinguiſh them. For Anger is corroſive, and if it be kept only to feed upon itſelf, muſt be its own Devourer, if it be permitted to fetch no Forage from without, nor to nouriſh itſelf with Suſpicions and Surmiſes of others, nor to make any Sallies at the Tongue, it can not long hold out.

How

How much they will herein conſult their Intereſt and their Reputation too, may be taught by *Solomon*, who makes it the diſtinctive *Sign of a fooliſh Woman, to be clamorous. Prov.* ix. 13. Whereas when he gives the Character of his excellent Woman, he links Wiſdom and Gentleneſs together, *She openeth her Mouth with Wiſdom, and in her Tongue is the Law of Kindneſs. Prov.* xxxi. 26. If this Verdict may be admitted, as ſure it ought, whether we conſider his Wiſdom, or dear bought Experience in Women, it will confute the common Plea of querulous Spirits, who think to ſeem inſenſible of any the leaſt Provocation, is to appear ſilly and ſtupid; tho' truly if it were ſo, it would be full as eligible as to appear mad and raving, as they commonly do in the Tranſport of their Fury.

To conclude. Meekneſs is ſo amiable, ſo endearing a Quality, and ſo peculiarly embelliſhing to Women, that did they but all conſider it with half the Attention they do their more trivial exterior Ornaments, it would certainly be taken up as the univerſal Mode, in all the ſeveral Variations of it mention'd in this Chapter.

## CHAP. IV.

### *Of* COMPASSION.

COmpaſſion and Mercy are of near Affinity to the Virtue of Meekneſs, and, indeed, can ſcarce thrive in any Place where the latter hath not prepared the Soil: An-

ger and Obſtinacy being like that rough Eaſt Wind which brought the *Egyptian* Locuſt, *Exod.* x. 13. to eat up every green Thing in the Land. A Mind haraſſed with its own Impatiency, is not at leiſure to obſerve, much leſs to condole the Calamities of others: But as a calm and clear Day befriends us with a more diſtinct Proſpect of diſtant Objects; ſo when all is quiet and ſerene within us, we can then look about us, and diſcern what Exigencies of others invite our Pities.

Much need not be ſaid to raiſe an Eſtimate of this Virtue, ſince 'tis ſo eſſential to our Nature, ſo interwoven in the Compoſition of Humanity, that we find in Scripture Phraſe, Compaſſion is generally ſeated in the moſt inward ſenſible Part of our Frame and Bowels. So *Col.* iii. 12. *Put on therefore Bowels of Mercy*; and *Phil.* ii. 1. *Bowels and Mercies*: So that a cruel ruthleſs Perſon unmans himſelf, and is by the common Vote of Mankind to be liſted among Brutes, nay, not among the Better, but only the more hateful, noxious Sort of them.

But this is yet more unnatural in the Female Sex, which being of ſofter Mold, is more pliant and yielding to the Impreſſions of Pity, and by the Strength of Fancy redoubles the Horrors of any ſad Object; yea, ſo remarkable is this Tenderneſs, that God, when he would moſt magnify his own Compaſſion, illuſtrates it by that of Women, as the higheſt human Inſtances. Indeed, ſuch a Propenſion have Women to Commiſeration, that they are uſually taxed with an Exceſs in it; ſo that any imprudent Lenity is proverbially called, A Womaniſh Pity; and, therefore, it may be thought an Impertinence to exhort them to that, which, they can ſcarce avoid: But, to this

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it may be anſwered, *Firſt*, That in this degenerous Age, 'tis no News to ſee People violate their Inſtincts, as well as their Duties, and be worſe than their Nature inclines them; many Sins being committed, even, againſt the Grain, and with Violence to Conſtitution.

Yet, *Secondly*, 'Tis not a meer melting of the Eyes, or yearning of the Bowels we would recommend: Alaſs, their Tears will not be Drink to a thirſty Soul, nor will ſhivering at his Nakedneſs cloath him; this is an inſignificant Mercy: She who weeps over thoſe Diſtreſſes ſhe will not relieve, might have been fit to be entered in the Liſt of the mourning Women among the *Jews* and *Heathens*, who were hired to make up the tragic Pomp of Funerals with their mercenary Sorrow, but had no real Concern in that Loſs they ſeem'd to bewail. 'Tis, therefore, a more active Sort of Compaſſion to which we would invite them; and, yet, for Method's Sake, we ſhall conſider it under two diſtinct Heads, Giving and Forgiving.

By Giving, in this Place, is meant, not a general Liberality, tho', that prudently bounded, is an Excellence well becoming Perſons of Fortune, but only ſuch a Giving, as terminates upon the Needy, and is applyed to ſuccour their Indigencies. To give to thoſe from whom they may expect Returns, may be a Deſign, but at the beſt, can be but Generoſity and Frankneſs of Humour. 'Tis only then Mercy, (as Chriſt himſelf has defined it) when it is to thoſe from whom they can hope for nothing again.

And in this Virtue, Women have, in former Ages, eminently excelled; yea, ſo eſſential was it, that we find *Solomon* thought not their Character compleat without it, but numbers it among the Properties of his virtuous Women,

men, *Prov.* xxxi. 20. *She ſtretcheth forth her Hand to the Poor, and reacheth her Hand to the Needy:* And it is a little obſervable, that after he has deſcribed her Induſtry and Diligence for the acquiring of Wealth, this is ſet in the Front of her Diſburſements as the principal Uſe ſhe made of it; and precedes her providing Scarlet for her Houſhold, or fine Linnen and Purple for herſelf, v. 21, 22. The Application is very obvious, and admoniſhes all that own the ſame Title of virtuous Women, to prefer the Neceſſities of others before their own Superfluities and Delicacies: Nay, if they look further, and conſider who it is that is perſonated in the Poor, that begs in every needy diſtreſſed Suppliant, and that will finally own every Act of Mercy as done to himſelf; methinks they ſhould ſometimes think fit to ſacrifice, even, their moſt moderate Enjoyments to their Charity, be aſhamed to ſerve themſelves before their Saviour, or let him ſtand naked and hungry, whilſt they are ſolacing with that which would relieve him.

But how then ſhall they anſwer it, who ſuffer him to be ſupplanted, not by their Needs, but Exceſſes, who have ſo devoted their Hearts and Purſes to Vanity and Luxury, that they have neither Will nor Power to ſuccour the Wants of others? How unequal and diſproportionate is it, that thoſe, who ſtudy to fling away Money upon themſelves, cannot be tempted, by any Importunity and Diſtreſs, to drop an Alms to the Poor? What a prepoſterous Sight is it, to ſee a Lady, whoſe gay Attire gives her the glittering of the Sun, yet, have nothing of its other Properties, never to cheer any drooping languiſhing Creature by her Influence? 'Tis the Counſel of the Son of *Sirac*, *Not to give the Poor an Occaſion to curſe thee*, Eccluſ. iv. 5.

But

But, ſure, ſuch Perſons do it, if the Poor happen not to have more Charity than they exemplify to them: For when they ſhall find ſuch hard Hearts under ſuch ſoft Raiment, ſee them beſtow ſo much upon the decking their own Bodies, and nothing towards the neceſſary Support of theirs, 'tis a ſhrewd Trial of their Meekneſs, Poverty is apt of itſelf to imbitter the Spirit, and needs not ſuch an additional Temptation.

Nay, farther, when a poor ſtarving Wretch ſhall look upon one of theſe gay Creatures, and ſee that any one of the Baubles, the looſeſt Appendage of her Dreſs, a Fan, a Busk, perhaps a black Patch, bears a Price that would warm his empty Bowels; will he not have ſharp Incitations not only to execrate her Pride and his own Poverty, but conſequently to repine at the unequal Diſtribution of Providence, and add Sin to his Miſery? The Denial, therefore, of an Alms may be a double Cruelty to the Soul as well as to the Body. It is ſaid of *Xenocrates*, that a chaſed Bird flying to his Boſom, he reſcued it with much Satisfaction, ſaying, *He had not betrayed a Suppliant*; but this is in that Caſe reverſed and in a higher Inſtance; for what can be more the betraying a Suppliant, than inſtead of ſupplying his Wants, to rob him of his Innocence, be his Snare in lieu of his Refuge? This is a Conſideration that it were to be wiſhed, were more deeply impreſs'd upon the Women of this Age; and truly 'tis their Concern it ſhould be ſo, for ſince at the laſt Day the Inqueſt ſhall be ſo particular upon this very thing, 'tis but neceſſary they ſhould examine how they are fitted to paſs that Teſt.

Let them, therefore, keep a preparatory Audit within their own Breaſt, reflect upon the Expences of their Vanity,

nity, what the Delicacy of their Food, what the Richneſs and Variety of their Cloaths, nay, what the meer Hypocriſes of their Dreſs, in falſe Hair, and Complexion, has coſt them; to which they may alſo add the Charge of their Recreations and Divertiſements, thoſe coſtly Arts of chaſing away that Time, which, they will one Day wiſh to recall. Let them, we ſay, compute all this, and then confront to it the Account of their Charity, and much, it is to be feared, the latter will, with many of them, be comparatively as undiſcernable as *Socrates* found *Alcibiades*'s Land, in the Map of the whole World, and be ſo perfectly overwhelmed, that it will appear, little in their own Sight, and nothing in God's.

For if the poor Widow's Mite acquired a Value, merely from her Poverty, that ſhe had no more; by the Rule of Contraries we may conclude, how deſpicable the ſcanty Oblations of the Rich are in God's Account. If even their Liberality who gave much, was outvied by a Farthing, *Mark* xii. 41. to what Point of Diminution muſt their niggardly Offerings, who give little, be reduced? eſpecially when they ſhall be compared with the numerous and coſtly Sacrifices they made to Pride and Luxury. Nay, perhaps, ſome have been guilty of more than the Diſproportion, even the total Omiſſion of Charity, that in a Multitude of Taylors Bills cannot produce the Account of one Garment for the Poor, that amidſt the Delicacies of their own Diet; nay, perhaps, of their Dogs too, never ordered ſo much as the Crumbs of their Table to any hungry *Lazarus*: But let all ſuch remember, that there will come a Time, when one of *Tabitha*'s Coats, *Acts* ix. 39. will be of more Value than all their richeſt Ward-

Wardrobes, tho' they could number Gowns with *Lucullus*'s Cloaks, which the *Roman* Story reports to be 5000, and that when their luxurious Fare ſhould only feaſt the Worms and render them paſſive in that Epicuriſm they acted before, they will wiſh they had made the Bellies of the Poor their Refectory, and by feeding them nouriſh'd themſelves to Immortality.

Let this be ſeriouſly remembered now, leaſt hereafter they fall under the ſame exprobating Remembrance with the rich Man in the Goſpel, *Luke* xvi. 25. *Remember, that thou in thy Life Time receivedſt thy good Things, and* Lazarus *that which was evil; but now he is comforted and thou art tormented.* A Text which St. *Gregory* profeſſes, was ever ſounding in his Ears, and made him look with Suſpicion and Dread upon that Grandeur to which he was advanced, as fearing it might be deſign'd as his final Reward. With what Terror then may thoſe look upon their preſent good Things, who, by engroſſing them wholly to themſelves, own them as their entire Portion, and implicitly diſclaim their Share of the Future? For to that none muſt pretend, who receive their tranſitory Goods under any other Notion, than that of a Steward or Factor; as we may ſee in the Parable of the Talents, where thoſe that had the Reward of the Five and Ten Cities were not ſuch as had conſumed their Talents upon their own Riot and Exceſſes, but ſuch as had induſtriouſly employed them according to the Deſign of their Lord; and if it there fared ſo ill with the meer unprofitable Servant, who had hoarded up his Talent, what ſhall become of thoſe who ſquander away theirs and can give no Account either of Uſe or Principal?

Were theſe Conſiderations duly laid to heart, we might hope to ſee ſome of the Primitive Charity revive, when Women of the higheſt Rank converted their Ornaments and coſtly Deckings into Cloathing for the Poor, and thought no Retinue ſo deſirable, ſo honourable, as a Train of Alms-folks: But it is ſpeaking improperly, to make the Poor their Attendants, for, indeed, they rather attended the Poor, did not only order the Supply of their Wants, but were themſelves their Miniſters, waited about their ſick Beds, dreſs'd their moſt loathſome Ulcers, and deſcended to all the moſt ſervile Offices about them.

But theſe were ſuch heights, ſuch Tranſcendencies of Mercy, as required a deeper Foundation of Humility than will now be often met with; yet, let us take the Occaſion to ſay, that it may be a good Managery of a Charity to act (as far as they can) perſonally in it. For beſides that, it prevents ſome Abuſes and Frauds, which deputed Agents may ſometimes be tempted to, they pay God a double Tribute in it of their Perſons as well as their Fortunes. Next they bring themſelves into Acquaintance with the Poor, and by that means correct thoſe Contempts and nice Diſdains which their own Proſperity is too apt to create. Farther yet, they excite their own Compaſſion, which being a Motion of the ſenſitive Part of the Mind, cannot be ſtirr'd ſo effectually by any thing, as by the Preſence of the Object; the moſt pathetic tragical Deſcription of a Diſtreſs, being not able to affect us half ſo much as one ocular Demonſtration. *Laſtly*, It is an apt Means to increaſe their Thankfulneſs to Almighty God, whoſe Bounty to themſelves muſt needs make a deeper Impreſſion, when 'tis compared with the neceſſitous Condition of others.

For

For Things are beſt illuſtrated by their Contraries, and 'tis too obſervable in our depraved Nature, that we value not Things by their real poſitive Worth, but comparitively as they excel others, nor ever make a right Eſtimate of what we enjoy, till our own, or others Wants inſtruct us.

Upon all theſe Conſiderations it may be a very becoming uſeful Circumſtance in any charitable Miniſtry to be themſelves the Actors; and to that End 'twill be a very commendable Induſtry, to qualify themſelves to be helpful to the Poor in as many Inſtances as they can, not only opening their Purſes, but Diſpenſatories too; providing Medicines for ſuch, as, either by Diſeaſe, or Caſualty, want that Sort of Relief.

Beſides this Part of Mercy in Giving, there is another, that of Forgiving, which may happen to be of a larger Extent than the former; for whereas that was confin'd to the Poor, this has no ſuch Limits, but as it is poſſible to be injured by Perſons of all Ranks, ſo this pardoning Mercy is to reach equally with that Poſſibility. This is that Part of Charity which we peculiarly call Clemency, a Virtue which not only Chriſtianity but Morality recommends. The Ancient *Romans* had it in ſuch Veneration, that they number'd it not only among Virtues but Deities, and built it a Temple: And they were ſomewhat towards the Right in it, for it was, tho' not God, yet ſo eminent an Attribute of his, that nothing can more aſſimilate Man unto him.

There are many heroic Acts of this Kind to be met with among the virtuous Heathens. *Lycurgus* not only forgave *Alexander* who had ſtruck out his Eye, but entertain'd him in his Houſe, and by his gentle Admonitions reclaim'd him from his former vicious Life. *Ariſtides* being, after ſignal

Services, and without Crime, unjuſtly baniſhed by his Citizens, was ſo far from acting, or imprecating againſt them, that at his Departure from *Athens*, he ſolemnly prayed the Gods, that they might never, by any Trouble or Diſtreſs, be forced to recall him: So *Phocion* being unjuſtly condemned, left it as a ſolemn Charge to his Son *Phocas*, that he ſhould never revenge him. A multitude of the like Examples might be produced, but we need not borrow Light from their faint Tapers, when we have the Sun-beams of Righteouſneſs, our bleſſed Saviour, who, as he has recommended this Grace by his Precept, ſo he has ſignally exemplified it to us in his Practice; the whole Deſign of his Deſcent to Earth being only to reſcue his Enemies from Deſtruction: And as every Part of his Life, ſo the laſt Scene of it was particularly adapted to this End, and his expiring Breath expended in mediating for his Crucifiers: And this Copy of his was tranſcribed by his firſt Followers, the Primitive Chriſtians, in their ſevereſt Martyrdoms, praying for their Perſecutors.

Thus are we, in the Apoſtle's Phraſe, *compaſſed about with a Cloud of Witneſſes, Heb.* xii. 1. of eminent Examples, which ought to have a forcible Influence upon all, but, methinks, ſhould not fail to have it on that Sex, whoſe native Tenderneſs prediſpoſes them to the Virtue, and who need but ſwim with the Stream of their own Inclinations. How can we think that their melting Eyes ſhould ever ſparkle Fire, or delight in Spectacles of Cruelty? That their flexible tender Hearts ſhould turn into Steel or Adamant, be uncapable of all Impreſſions of Pity? Yet, God knows, ſuch Changes have too often been ſeen: Women have not only put off that Softneſs peculiar to them, but the common

mon Inſtinct of Humanity, and have exceeded not only ſavage Men, but Beaſts in Cruelty. There have been too frequent Inſtances of the implacable Malice and inſatiable Cruelties of Women. We need not call in the Aid of Poetic Fiction, and tell them of *Clytemneſtra*, *Medea*, or the *Belides*, with Hundreds of others, celebrated as Inſtances of Heroic Wickedneſs. There are Examples enough in more authentick Stories; the *Roman Tullia*, the *Perſian Paryſatis*; and that we may not paſs by the ſacred Annals, *Jezebel* and *Athalia*. We forbear to multiply Examples of this Kind, of which all Ages have produced ſome ſo eminent, as have render'd it a common Obſervation, That no Cruelty exceeds that of an exaſperated Woman, and it is not much to be wonder'd at, ſince nothing can be ſo ill in its priſtine State as that which degenerates from a better. No Enmity, we know, ſo bitter as that of alienated Friends; no ſuch Perſecution as that of Apoſtates, and proportionably no ſuch Ferocity as that of a perverted Mildneſs: So that the Poets were not much out, who as they repreſented the Graces under the Figures of Women, ſo they did the Furies too: And ſince 'tis in their Election which Part they will act, they ought to be very jealous over themſelves. The Declinations to any Vice are gradual, ſometimes at firſt ſcarce diſcernable, and probably the greateſt Monſters of Cruelty would, at the Beginning, have deteſted thoſe Inhumanities which afterwards they acted with Greedineſs.

It concerns them, therefore, to ward thoſe Beginnings whoſe End may be ſo fatal. She that is quick in apprehending an Affront, perhaps, will not be ſo quick in diſmiſſing that Apprehenſion; and if it be permitted to ſtay,

'twill

'twill quickly improve, twenty little Circumſtances ſhall be ſuborn'd to foment it with new Suſpicions, till at laſt it grow to a Quarrel, from thence to Hatred, from that to Malice, and from that to Revenge: And when that black Paſſion has over-ſpread the Mind, like an *Egyptian* Darkneſs, it admits no Gleam of Reaſon or Religion, but hurries the Enraged blindfold to their own Ruin often, as well as others.

Every one ought to conſider at the firſt Incitement to Wrath, what is the real Ground of it: Perſons are ſometimes angry, perhaps, becauſe ſcandalous, or at leaſt ſuſpicious Behaviour, may have engaged a Friend to admoniſh them, an Office that has ſometimes proved very fatal; thoſe commonly that have moſt Guilt having leſs Patience to hear of it: And if this be the Caſe, it is the greateſt Injuſtice in the World to make that a Quarrel which is really an Obligation: And, therefore, inſtead of maligning their Monitor, they ought to thank and reverence him. Nay, tho' the Accuſation be not with that candid Deſign, but be meant as a Reproach, yet, if it be true, it ſhould not excite Anger at their Accuſers, but Remorſe and Reformation in themſelves.

It was the Saying of a Wiſe Man, *That he profited more by his Enemies, than his Friends; becauſe they would tell him roundly of his Faults.* And this is excellently improved by *Plutarch* in his Tract, *Of the Benefits to be reap'd from Enemies:* So that even a malicious Accuſation may be a Kindneſs, and conſequently ought not to be repaid with an Injury: But ſuppoſe, in the laſt Place, that the Aſperſion be not only unkind, but untrue, it will not even then be ſafe to let looſe to their Indignation. *Firſt*, in reſpect

reſpect of Prudence, an angry Vindication ſerving the Deſign of the Enemy, and helping to ſpread the Calumny; whereas, a wiſe Neglect and Diſſembling does often ſtifle and ſuppreſs it. *Secondly*, In reſpect of Duty, for all that own themſelves Chriſtians muſt confeſs, they are under an Obligation to forgive and not to revenge. Now if they intend to pay a real Obedience to this Precept, 'twill be the more eaſy the ſooner they ſet to it. He that ſees his Houſe on fire, will not dally with the Flame, much leſs blow, or extend it, reſolving to quench it at laſt: And Anger is as little to be truſted, which if once throughly kindled, will ſcarce expire but with the Deſtruction of the Subject it works on.

Let, therefore, the Diſobliged not look back upon the Injury, but forward to thoſe Miſchiefs which too ſharp a Reſentment may betray them too: Let them conſider, that the boiling of their Blood may finally cauſe the Effuſion of another's, and Wrath may ſwell into Murder. If they would do thus, and inſtead of thoſe magnifying Optics wherein they view the Wrong, make Uſe of the other End of the Perſpective, to diſcern this diſmal Event at Diſtance, it would ſure fright them from any nearer Approach, would keep them within thoſe Bounds which their Duty preſcribes them, and thereby acquaint them with a much greater, and more ingenious Pleaſure, than their higheſt Revenge can give them, *viz.* that of forgiving Injuries, and obliging the Injurious. This is a Pleaſure ſo pure and refined, ſo noble and heroic, that none but rational Natures are capable of it; whereas, that of Spight and Revenge, if it can be called a Pleaſure, is a meer beſtial one; every the moſt contemptible Animal can be angry

gry when it is moleſted, and endeavours to return the Miſchief.

It ought, therefore, to be an eaſy Determination, whether to embrace that Clemency and Compaſſion which we ſee exemplified in the wiſeſt and beſt of Men; nay, in the omniſcient immortal God, or that ſavage Fierceneſs of the ignobleſt Creatures. This is certain, that no Woman would be content to aſſume the outward Form of any of thoſe; why then ſhould they ſubject their nobler Part, the Mind, to ſuch a Transformation? For as there are no Monſters ſo deformed, as thoſe which are compounded of Man and Beaſt; ſo among them all, nothing can be more unnatural, more odious, than a Woman-Tyger.

To conclude this Chapter. Let us obſerve the Advice of *Solomon*, *Prov.* xvii. 14. *The Beginning of Strife is as when one letteth out Water: Therefore leave off Contention before it be medled with.* When once a Breach is made upon the Spirit by immoderate Anger, all the conſequent Miſchiefs will flow in, like a rapid Stream when the Banks are broken down; nor is there any Way to prevent it, but by keeping the Mounds entire, preſerving that Tenderneſs and Compaſſion which God and Nature do equally enforce and recommend.

CHAP.

# CHAP. V.

## *Of* AFFABILITY.

AFfability and Courteſy, are, without doubt, amiable in all, but more eſpecially in the Fair Sex, and more neceſſary to them than to the other; for Men have often Charges and Employments which juſtify, nay, perhaps, require ſomewhat of Sternneſs and Auſterity, but Women ordinarily have few or no Occaſions of it, and thoſe who have well digeſted the former Lectures of Meekneſs and Compaſſion, will not be apt to put it on unneceſſarily. Now Affability may be conſidered either as a meer human Accompliſhment, or as a divine Virtue; in either Notion it is commendable, but it is the latter that gives it the higheſt Excellence and Perfection.

To begin with the firſt Notion of it, we may make an Eſtimate of its Worth by its Cauſe, and by its Effects. For its Cauſe, it derives itſelf either from a native Candour and Generoſity of Mind, or from a noble and ingenious Education, or ſomething jointly from both; and theſe are as good Originals as any Thing meerly moral can flow from: And that theſe are, indeed, its Sources common Experience will atteſt: Thoſe of the greateſt Minds, and beſt Extractions, being uſually moſt condeſcending and obliging; whereas, thoſe of moſt abject Spirits and Birth, are the moſt inſulting and imperious. *Alexander* the Great, tho' terrible in the Field, yet, was of a gentle complaiſant Converſation, familiarly treating thoſe about him: Yet,

*Criſpinus*, *Narciſſus*, *Nymphidius*, and other enfranchiſed Bond-men, we find inſolently trampling on the *Roman* Senators and Conſuls. 'Tis, therefore, a great Error for Perſons of Honour to think they acquire a Reverence by putting on a ſupercilious Gravity, looking coily and diſdainfully upon all about them; 'tis ſo far from that, that it gives a Suſpicion that 'tis but a Pageantry of Greatneſs, ſome Muſhroom newly ſprung up that ſtands ſo ſtiff, and ſwells ſo much: But inſtead of teaching others to keep their Diſtance, this faſtidious Diſdain invites them to a cloſer Inſpection, that if there be any Flaw, either in their Life or Birth, 'twill be ſure to be diſcovered, there being no ſuch prying Inquiſitor as Curioſity when 'tis egg'd on by a Senſe of Contempt.

On the other ſide, if we conſider the Effects of Courteſy, they are quite contrary; it endears to all, and often keeps up a Reputation in ſpight of any Blemiſhes; a kind Look or Word from a Superior is ſtrangely charming, and inſenſibly ſteals away Men's Hearts from them. It is *Plutarch*'s Obſervation of *Cleomenes*, King of *Sparta*, that when the *Grecians* compared his Affability and Eaſineſs of Acceſs with the ſullen State and Pride of other Princes, they were ſo enamoured with it, that they judged him only worthy to be a King: And as there is no certainer, ſo alſo no cheaper Way of gaining Love. A friendly Salutation is as eaſy as a Frown or Reproach; and that Kindneſs may be preſerved by them, which if once forfeited, will not at a far greater Price be recovered.

Beſides, when human Viciſſitudes are conſidered, it may be a Point of Prudence too; the greateſt Perſons may ſometimes want Aſſiſtance from the Meaneſt; nay, ſometimes

times the Face of Affairs is quite changed, and the Wheel of Fortune turns them loweſt that were uppermoſt, and proportionably elevates the Meaneſt. It is Wiſdom, therefore, ſo to treat all as to leave no Impreſſion of Unkindneſs, ſince none is ſo deſpicable but may poſſibly at one Time or other have an Opportunity to retaliate. It was, therefore, a prudent, as well as an equitable, Reſolution of the Emperor, who ſaid, *He would ſo entertain the Addreſſes of his Subjects, as, if he were a Subject, he would wiſh the Prince ſhould entertain him.* A Rule very worthy to ſway all Perſons of Honour in their Intercourſes with others; and ſince even among Perſons in Command there are Degrees, and ſhe which is ſuperior to one, is inferior to another; they have a ready way to compare the Civility they pay with that they expect. Let, therefore, one who meets with a cold neglect Treatment from any above her, examine her own Reſentments, and then reflect, that if ſhe give the like to thoſe below her, they will, doubtleſs, have the ſame Senſe; and, therefore, let her reſolve never to offer what ſhe ſo much diſlikes to bear; and ſhe that does thus, that makes ſuch Inferences, will convert an Injury into a Benefit; civilize herſelf by the Rudeneſs of others, and make that ill Nurture her own Diſcipline.

But hitherto we conſider Affability only in its ethnic Dreſs, as it is a human Ornament, 'twill appear yet more enamouring upon a ſecond View, when we look on it as bearing the Impreſs of the Sanctuary, as a divine Virtue: And that it is capable of being ſo, we have the Authority of St. *Paul*, who inſerts it in the Number of thoſe Chriſtian Graces which he recommends to his *Roman* Proſelytes,

ſelytes, *Condeſcend to them of low Eſtate*, Rom. xii. 16. And that we may the better diſcern its Value, 'tis obſervable, that he links it with the moſt eminent Virtue of Humility; for it immediately follows his Precept of *be not high minded.* Indeed, 'tis not only joined with as a Friend or Ally, but derived from it as its Stock and Principal: And certainly a more divine Extraction it cannot have, Humility being the *Alpha* and *Omega* of Virtues, that which lays the Foundation, without which, the moſt towering Structure will but cruſh itſelf with its own Weight, and that which perfects and conſummates the Building alſo, ſecures and crowns all other Graces; which, when they are moſt verdant and flouriſhing, are like *Jonas*'s Gourd, that may afford ſome Shadow and Refreſhment for a while, but are apt to breed that Worm which will deſtroy them. When once they are ſmitten with Pride they inſtantly fade and wither, ſo neceſſary is Humility both for acquiring and conſerving all that is good in us.

We may, therefore, conclude, that Courteſy and Obligingneſs of Behaviour which proceeds thence, is in reſpect of its Spring and Original, infinitely to be preferred to that which deſcends from no higher Stock than natural or prudential Motives: And ſince it is natural for every Production to have ſome Similitude to that which produces it, we ſhall find it no leſs excellent in reſpect of its Properties than its Deſcent. For inſtance only in two, Sincerity and Conſtancy.

For the *Firſt*, As far as Affability partakes of Humility it muſt of Sincerity alſo, that being a Virtue whoſe very Elements are Plainneſs and Simplicity: For as it has no Deſigns

Deſigns which want a Cover, ſo it needs none of thoſe Subtilties and Simulations, thoſe Pretences and Artifices requiſite to thoſe who do. It is the Precept of the Apoſtle, *In Lowlineſs of Mind let each eſteem others better than himſelf:* Where we ſee it is the Nature of a lowly Mind to transfer that Eſteem to others which he ſubſtracts from himſelf: Now where ſuch an Eſteem is planted in the Heart, it verifies all the Expreſſions and our Significations of Reſpect, and renders the greateſt Condeſcentions (which to an inſolent Humour may ſeem extravagant and affected) real and unfeigned.

On the contrary, that Courteſy which derives no higher than from meer human Principles, is not much to be confided in. 'Tis the Pſalmiſt's Affirmation, *that all Men are Lyars:* And, therefore, there is more than a Poſſibility of Deceit in their faireſt Shews. Sometimes we know ſmooth and plauſible Addreſſes have been deſigned as the Stale to vile and treacherous Practices. The extraordinary Blandiſhments and endearing Behaviour of *Abſolom* to the People, was only to *ſteal their Hearts*, and advance his intended Rebellion, 2 *Sam.* xv. and *David* tells us of ſome, *Whoſe Words are ſofter than Butter, having War in the Heart, whoſe Words were ſmoother than Oil, and, yet, were very Swords, Pſal.* lv. 21. and, God knows, this Age has not ſo much improved in Sincerity, that we ſhould think the ſame Scenes are not daily acted over among us.

But beſides all the blacker Projects of this Kind, which nothing but the Event can detect, there is a lower Sort of this Treachery, which is viſible, nay, ſo avowed, that it is one of the moſt common Subjects of Mirth and Entertainment, and that is Scoffing and Deriſion, a thing,

too

too frequent among all, but it is to be feared, more particularly among Women, thoſe, at leaſt, of the modiſh Sort, their very Civilities and Careſſes being often deſign'd to gain Matter of Scorn and Laughter. Mutual Viſits, we know, are an Expreſſion of Reſpect, and ſhould flow from a real Kindneſs, but if thoſe now in Uſe be ſifted, how few will be found of that Make? They are at the beſt but formal, a Tribute rather paid to Cuſtom than Friendſhip, and many go to ſee thoſe, for whom they are perfectly indifferent whether they find them alive or dead, well or ſick, nay, very often they are worſe than thus, deſigned only to make Obſervations to bolt out ſomething ridiculous wherewith to ſport themſelves as ſoon as they are gone; and leaſt the Inqueſt ſhould return with a *Non inventus*, they will accept of the ſlighteſt Diſcoveries, the leaſt miſplacing of a Word, nay, of a Hair ſhall be Theme enough for a Comedy.

But if a poor Country Gentlewoman fall within their Circuit, what a Stock of Mirth does ſhe afford them, how curiouſly do they anatomize every Part of her Dreſs, her Mein, her Dialect? nay, perhaps, to improve the Scene, will recommend, yet, greater Abſurdities to her, under the Notion of the Mode, that ſo ſhe may be the more ample Subject of their Scorn. Such Viſits as theſe, are but inſidious Inſtructions of a Spy rather than the good Office of a Neighbour, and when it is remembred how great a Portion of ſome Womens Time is ſpent in this Kind of Diverſion, we muſt conclude there have a Multitude of Acts gone to make up the Habit. It were to be wiſhed they would ſeriouſly reflect on it, and unravel that injurious Mirth by a penitential Sadneſs, and either ſpend their Time

Time better than in viſiting, or elſe direct their Viſits to better Purpoſes; and this they would certainly do if they would exchange their meer popular Civilities (that kind of Paint and Varniſh in Manners) for that true Chriſtian Condeſcenſion, which admits of no Deceit, but is as tranſparent as *Druſus* wiſh'd his Houſe ſhould be, that has no ſecret Screws and Springs, to move the Eyes or Tongue a contrary Way from the Heart, but is in reality all that it pretends to be.

A Second Property of its Conſtancy, for as it is true to others, ſo it is to itſelf; 'tis founded on the ſolideſt of Virtues, and is not ſubject to thoſe light and giddy Uncertainties, that the vulgar Civilities are: For he, that out of a Diſeſteem of his proper Worth, has placed himſelf in a State of Inferiority, will think it not an arbitrary Matter, but a juſt Debt to pay a Reſpect to thoſe he thinks his Betters, and an humble Mind will in every body find ſomething or other to prefer to himſelf: So, that he acts upon a fix'd Principle, and is not in Danger of thoſe Contradictions in his Manners, which ſhall render him one Day ſweet and affable, and another ſower and moroſe: But ſuch Changes are frequently incident to thoſe who are ſwayed by other Motives: Sometimes an Intereſt changes, and then the moſt fanning Sycophant can tranſplant his Flatteries and court a new Patron, yea, many Times to the Deſpight and vilifying of the Old.

Sometimes, again, Fortune may change, a Man may fall from a proſperous to an adverſe State, and, then, thoſe who were prodigal of their Civilities whilſt he needed nothing elſe, will withdraw even thoſe from him, leaſt they ſhould encourage him to demand ſomething more. An

Experiment

Experiment in this *Job* made in his Friends (or rather Flatterers) whom he fitly compares to winter Brooks runing over when not needed, but quite dry when they are.

But the moſt frequent Change is that of Fancy and Humour, which has a more general Sway than Reaſon and Judgment. This is ſo obſervable in the vulgar Rabble, that often, in an Inſtant, they will ſhift Paſſions, and hate this Hour what they doated on the laſt. Of this all popular States have afforded many coſtly Experiments, but we need not go farther than the ſacred Story, where we find the Acclamations and *Hoſannatis* of the Multitude, quickly converted into *crucify him, crucify him.* This Levity of Mind has been obſerved ſo incident to Women, that 'tis become almoſt proverbial; for by how much their Paſſions are more violent, they are commonly the leſs laſting, and as they are reckon'd among thoſe colder Bodies that are particularly influenced by the Moon, ſo they ſeem to bear a great Reſemblance to her in her Viciſſitudes and Changes; yet, ſtill with a greater Degree of Uncertainty, for ſhe in all her Revolutions obſerves ſome conſtant Periods, and we can tell in her Wain when ſhe will be at full, ſo that ſhe has a kind of Certainty, even in her planetary Errors; but what Ephemerides can be framed for ſome Womens Humours? Who can tell how long the preſent will laſt? And what will be the next that will ſucceed?

We need not bring Inſtances of their Inconſtancy from that common Place of paſſionate Widows, who have let a new Love ſail even through thoſe Floods of Tears wherewith they bewailed the Old: For (beſides that that is a Caſe wherein poſſibly they may find Matter enough for Retortion) it is here a little wide from our Purpoſe, which deſigns

ſigns no farther Inquiſition than into their ordinary Converſation, wherein that Love of Variety, which is ſo remarkable in their Habit, their Diet, and their Diverſions, often extends itſelf to their Company, their Friendſhips alſo, and Converſation. Thoſe Intimacies which they cheriſhed lately, quickly grow deſpicable, and at laſt nauſeous, and conſequently their Behaviour falls from kind and civil, to cold and diſdainful. It is not to be doubted but this has often been proved by many of thoſe humble Companions, which officiouſly attend them, who cannot always fix themſelves, no, not by thoſe Flatteries that firſt introduced them; ſome new Comer, perhaps, has better refined the Art, and does the ſame thing more acutely and ingeniouſly, and then the old one is to be turned off as too groſs a Sycophant; or if they have been ſo happy as to light upon ſome of a more generous Temper, who inſtead of a ſervile Compliance with their Humour, and high Characters of their Worth, entertain them with the true Images of themſelves, and endeavours to make what others only ſpeak them; this is that unpardonable Crime which forfeits all Degrees of Favour, and does not only avert but increaſe. A faithful Monitor is as unacceptable as a true Looking-glaſs to a deformed Perſon, which, at the beſt will be ſet aſide, and eſcapes well if not broken; and while great Perſons diſpenſe their Favours or their Frowns, by ſuch perverſe Meaſures as theſe, they will be ſure to do it unjuſtly, as well as unconſtantly.

This is far from being an univerſal Charge, there are, certainly, Women of the higheſt Quality, who guide themſelves by other Rules, that are deaf to all the Songs of Syrens, and have the Prudence to value a ſeaſonable

Reproof before the moſt extravagant Panegyrick; but this is owing to that Humility which we are now recommending, without which, 'tis as impoſſible for Greatneſs to be Proof againſt Flattery, as it is for a Pinnace with ſpreading Sails, and a violent Guſt of Wind, to ſail ſteadily without Ballaſt: And the frequent want of this is it which makes it no leſs frequent to ſee thoſe Unevenneſſes and Inequalities in Behaviour; thoſe Partialities in diſpenſing even the commoneſt Civilities which have been now repreſented.

And ſure 'tis none of the meaneſt Attributes, due to that excellent Virtue of Humility, that it can thus fix and poiſe the Mind, cure thoſe Vertigoes and giddy Humours incident to thoſe who are mounted aloft; and above all, that it is a ſure Antidote againſt the moſt inſinuating Poiſon of Flattery, a holy Spell or Amulet againſt the Venom of a Paraſite, which the Philoſopher juſtly calls, the worſt of tame Beaſts, as a Detractor is of wild; he being, indeed, a kind of Vulture, in the way of ſeizure, no leſs than ravine, who firſt picks out the Eyes of that which he deſigns to prey upon, ſuffering not the Perſon concern'd to ſee any thing of that Deſtruction which he is to feel: And certainly none of the ominous Birds, no Night-Raven or Screech-Owl can bode half ſo diſmally as theſe domeſtick Birds of Prey, which are not only Preſages but Inſtruments of Ruin whereſoever they haunt.

'Tis, therefore, the univerſal Concern of thoſe that are Great and Proſperous, to chace them away, as *Abraham* did the Fowls from his Sacrifice, *Gen.* xv. 11. but, yet, more peculiarly ſo of thoſe to whom Fortune has given a ſudden Riſe and unexpected Grandeur, they being, of all

others,

others, the moſt obnoxious to this Sort of Harpies. The Surprizes of Proſperity do no leſs diſturb the Judgment, than thoſe of Adverſity; and as one who is in an Inſtant ſnacht up to ſome high Tower, is ſo amazed to ſee himſelf there, that he has no juſt Meaſure of the Altitude, but thinks every thing farther below him than it is; ſo they that aſcend to Greatneſs by ſwift and rapid Motions, have their Heads ſo turned that they are apt to over-value it, and to look with Contempt on thoſe, who before, perhaps, they thought worth their Envy; and on a Mind thus prepared, Flattery may make an Impreſſion, it ſuborning even Providence as a Witneſs on its Side, and inferring from the Dignities obtained, the tranſcending Merit of the Obtainer, a Piece of Sophiſtry which the ſlighteſt Obſerver may eaſily confute; all Ages giving Inſtances of thoſe whoſe Vices have preferred them, and by a ſtrange Chymiſtry have extracted Honour out of infamous Acts. Yet, to a Mind poſſeſs'd with its own Admiration, this ſhall paſs for a Demonſtration; ſo treacherous a thing is Pride, that it combines with all who deſign to cheat us; and, indeed, 'tis not only an Acceſſary but the Principal, none being in danger by others Flatteries who are not firſt ſeduced by their own.

It will, therefore, be a Point of Wiſdom for all Perſons of Honour to increaſe their Caution with their Fortune, and as they multiply their Retinues without, ſo eſpecially to inforce their Guard within, that they become not Slaves to their own Greatneſs, fix not themſelves in ſuch a Poſture of State as to become immoveable to all the Offices of Humanity and Civility; nor think that their Admiſſion to Greatneſs is upon the ſame Terms on which the *Jews*

were wont to receive their Proſelytes, that they muſt renounce all their former Relations, but to remember, that they differ no more from others than as a Counter ſet in the Place of Thouſands or Hundreds, does from one ſet in the Place of Tens or Units. A little Tranſpoſition may quite alter the Caſe; or, however, when they are all taken off the Score, they are then indiſcriminately tumbled together, and one has no Precedence of another, either in Place or Value: So undiſcernable will be the Difference between the greateſt Queen and the meaneſt Servant, when Death, that great Leveller, ſhall have mix'd them; there will be no Inquiſition in the Grave who came embalmed, or perfumed thither: And, as a learned Man ſays, *The Ulcers of* Lazarus *will make as good Duſt as the Paint of* Jezebel.

## CHAP. VI.

### *The* DUTY *of* VIRGINS.

HAVING given an Account of thoſe general Qualifications, which are at once the Duty and Ornament of the Female Sex; there are, notwithſtanding, ſpecifick Differences ariſing from the ſeveral States and Circumſtances of Life, ſome, whereof, may exact greater Degrees even of the former Virtues, and all may have ſome diſtinct and peculiar Requiſites adapted to that particular State and Condition: And our propoſed Method engages

gages us to conſider theſe in their proper Order; that is, Firſt, *The Virgin State*; Secondly, *The Married*; and Laſtly, *That of Widowhood:* Which as they differ widely from each other, ſo for the diſcharging their reſpective Duties, there are particular Cautions worthy to be adverted to.

Virginity, or the Virgin-State, is firſt in Order, the Infancy and Childhood of which we ſhall paſs over, and addreſs to thoſe who may be ſuppoſed to be arrived at Years of Diſcretion, which may be properly reckoned about the Age of Sixteen and ſo onward.

An old Maid is now thought ſuch a Curſe as no Poetic Fury can exceed, look'd on as the moſt calamitous Creature in Nature; and we ſo far yield to the Opinion as to confeſs it is ſo to thoſe who are kept in that State againſt their Wills; but, ſure, the Original of that Miſery is from the Deſire, not the Reſtraint of Marriage; let them but ſuppreſs that once, and the other will never be their Infelicity: But we muſt not be ſo unkind to the Sex, as to think 'tis always ſuch Deſire that gives them Averſion to Celibacy; we doubt not, many are frighted only with the vulgar Contempt under which that State lies; for which if there be no Cure, yet, there is the ſame Armour againſt this, which is againſt all other cauſeleſs Reproaches, *viz.* to contemn it. Yet, we are a little apt to believe, there may be a Prevention in the Caſe: If the ſuperannuated Virgins would behave themſelves with Gravity and Reſervedneſs, addict themſelves to the ſtricteſt Virtue and Piety, they would give the World ſome Cauſe to believe 'twas not their Neceſſity, but their Choice, which kept them unmarried, that they were pre-engag'd to a better Amour, eſpouſed

eſpouſed to the ſpiritual Bridegroom: And this would give them, among the ſoberer Sort, at leaſt, the Reverence and Eſteem of Matrons: Or if, after all Caution and Endeavour, they chance to fall under the Tongues of malicious Slanderers, this is no more than happens in all other Inſtances of Duty: And if Contempt be to be avoided, Chriſtianity itſelf muſt be quitted as well as Virgin Chaſtity: But if, on the other Side, they endeavour to diſguiſe their Age by all the Impoſtures and Gaieties of a Youthful Dreſs and Behaviour, if they ſtill herd themſelves among the youngeſt and vaineſt Company, betrays a young Mind in an aged Body, this muſt certainly expoſe them to Scorn and Cenſure. If no Play, no Ball or dancing Meeting can eſcape them, People will undoubtedly conclude, that they deſire to put off themſelves, to meet with Chapmen, who ſo conſtantly keep the Fairs. We wiſh, therefore, they would more univerſally try the former Expediments, which, we are confident, is the beſt Amulet againſt the Reproach they ſo much dread, and may alſo deliver them from the Danger of a more coſtly Remedy, we mean, that of an unequal and imprudent Match, which many have ruſhed upon as they have ran frightened from the other, and ſo by an unhappy Contradiction, do both ſtay long and marry haſtily, gall their Necks to ſpare their Ears, and run into the Yoke rather than hear ſo ſlight and unreaſonable a Reproach. They need not be upbraided with the Folly of ſuch an Election, ſince their own Experience is, to many of them, but too ſevere a Monitor. We ſhall not inſiſt farther on this, but having given the elder Virgins that Enſign of their Seniority as to ſtand firſt

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in the Diſcourſe, we ſhall now addreſs more generally to the reſt.

The two grand Elements, eſſential to the Virgin State, are Modeſty and Obedience, which tho' neceſſary to all, are, yet, in a more eminent Degree required here: And therefore, tho' we have ſpoken largely of the Virtue of Modeſty in the former Part of this Diſcourſe, yet, it will not be impertinent to make ſome farther Reflections on it, by Way of Application to Virgins, in whom Modeſty ſhould appear in its higheſt Elevation, and ſhould come up to Shamefacedneſs. Her Look, her Speech, her whole Behaviour ſhould own an humble Diſtruſt of herſelf; ſhe is to look on herſelf but as a Novice, a Probationer in the World, and muſt take this Time rather to learn and obſerve, than to dictate and preſcribe. Indeed, there is ſcarce any thing looks more indecent, than to ſee a young Maid too forward and confident in her Talk. 'Tis the Opinion of the Wiſe-men, *Eccluſ.* xxxii. 8. *That a young Man ſhould ſcarce ſpeak, tho' twice ask'd:* In Proportion to which, 'twill, ſure, not become a young Woman, whoſe Sex puts her under greater Reſtraints, to be either importunate or magiſterial in her Diſcourſe: And tho' that which former Ages call Boldneſs, is now only Aſſurance and good Breeding, yet, we have ſeen ſuch bad Superſtructures upon that Foundation, as ſure, will not much recommend it to any conſidering Perſon.

But there is another Breach of Modeſty, as it relates to Chaſtity, in which they are yet more eſpecially concerned. The very Name of Virgin imports a moſt critical Niceneſs in that Point. Every indecent Curioſity or impure Fancy, is a deflowering of the Mind, and every the leaſt Cor-

ruption of them gives ſome Degrees of Defilement to the Body too. For between the State of pure immaculate Virginity and arrant Proſtitution, there are many intermedial Steps, and ſhe that makes any of them, is ſo far departed from her firſt Integrity. She that liſtens to any wanton Diſcourſe has violated her Ears, ſhe that ſpeaks any, her Tongue; every immodeſt Glance vitiates her Eye, and every the lighteſt Act of Dalliance leaves ſomething of Stain and Sulliage behind it. There is, therefore, a moſt rigorous Caution requiſite herein; for as nothing is more clean and white than a perfect Virginity, ſo every the leaſt Spot or Soil is the more diſcernable: Beſides, Youth is for the moſt Part flexible, and eaſily wraps into a Crookedneſs, and, therefore, can never ſet itſelf too far from a Temptation. Our tender Bloſſoms we are fain to skreen and ſhelter, becauſe every unkindly Air nips and deſtroys them; and nothing can be more nice and delicate than a Maiden Virtue, which ought not to be expoſed to any of thoſe malignant Airs which may blaſt and corrupt it, of which, God knows, there are too many, ſome that blow from within, and others from without.

Of the firſt Sort, there is none more miſchievous than Curioſity, a Temptation which foil'd human Nature even in Paradiſe: And, therefore, ſure a feeble Girl ought not to truſt herſelf with that which ſubdued her better fortified Parent. The Truth is, an affected Ignorance cannot be ſo blameable in other Caſes as it is commendable in this. Indeed, it is the ſureſt and moſt invincible Guard, for ſhe who is curious to know indecent Things, 'tis Odds but ſhe will too ſoon and too dearly buy the Learning. The ſuppreſſing and deteſting all ſuch Curioſities, is therefore,

fore, that eminent fundamental Piece of Continence we would recommend to them, as that which will protect and ſecure all the reſt.

But when they have ſet this Guard upon themſelves, they muſt provide againſt foreign Aſſaults too; the moſt dangerous whereof we take to be ill Company and Idleneſs. Againſt the Firſt they muſt provide by a prudent Choice of Converſation, which ſhould generally be of their own Sex; yet not all of that neither, but ſuch who will at leaſt entertain them innocently if not profitably. Againſt the Second they may ſecure themſelves by a conſtant Series of Employments: We mean not ſuch frivolous ones as are more idle than doing nothing, but ſuch as are ingenuous, and ſome way worth their Time; wherein as the firſt Place is to be given to the Offices of Piety, ſo in the Intervals of thoſe, there are divers others, by which they may not unuſefully fill up the Vacancies of their Time; ſuch are the acquiring of any of thoſe ornamental Improvements which become their Quality, as Writing, Needle-works, Languages, Muſick, or the like. If we ſhould here inſert the Art of Oeconomy and Houſhold Managery, we ſhould not think we affronted them in it; that being the moſt proper Feminine Buſineſs, from which neither Wealth nor Greatneſs can totally abſolve them: And a little of the Theory in their Parents Houſe, would much aſſiſt them towards the Practice when they came to their own. In a Word, there are many Parts of Knowledge uſeful for Civil as well as Divine Life; and the improving themſelves in any of thoſe, is a rational Employment.

But we know not how to reduce to that Head many of thoſe Things which from Divertiſements, are now ſtept

up to be the ſolemn Buſineſs of many young Ladies, and, perhaps, of ſome Old. Such is in the firſt Place Gaming, a Recreation whoſe Lawfulneſs we queſtion not, whilſt it keeps within the Bounds of a Recreation; but when it ſets up for a Calling, we know not from whence it derives its Licence: And a Calling ſure it ſeems to be with ſome, a laborious one too, ſuch as they toil Night and Day at, nay, do; not allow themſelves that Remiſſion which the Laws, both of God and Man, have provided for the meaneſt Mechanic. The Sabbath is to them no Day of Reſt, but this Trade goes on when all Shops are ſhut. We know not how they ſatisfy themſelves in ſuch an habitual Waſte of their Time, (beſides all the incidental Faults of Avarice and Anger,) but we much doubt that Plea, whatſoever it is which paſſes with them, will ſcarce hold Weight at his Tribunal, who has commanded us to *redeem*, not fling away *our Time*.

There is another thing to which ſome devote a very conſiderable Part of their Time, and that is, the reading Romances, which ſeems now to be thought the peculiar and only becoming Study of young Ladies. It muſt be confeſs'd their Youth may a little adapt it to them when they were Children, and we wiſh they were always in their Event as harmleſs; but it is to be feared they often leave ill Impreſſions behind them. Thoſe amorous Paſſions, which it is their Deſign to paint to the utmoſt Life, are apt to inſinuate themſelves into their unwary Readers, and by an unhappy Inverſion a Copy ſhall produce an Original. When a poor young Creature ſhall read there of ſome triumphant Beauty, that has a number of captivated Knights proſtrate at her Feet, ſhe will probably be tempted to think

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it a fine thing; and may reflect how much ſhe loſes time, that has not yet ſubdued one Heart: And then her Buſineſs will be to ſpread her Nets, lay her Toils to catch ſome body who will more fatally enſnare her: And when ſhe has once wound herſelf into Amour, thoſe Authors are ſubtil Caſuiſts for all difficult Cares that may occur in it, will inſtruct in the neceſſary Artifices of deluding Parents and Friends, and put her Ruin perfectly in her own Power. And truly this ſeems to be ſo natural a Conſequent of this Sort of Study, that of all the Divertiſements that look ſo innocently, they can ſcarce fall upon any more hazardous. Indeed, 'tis very difficult to imagine what vaſt Miſchief is done to the World, by the falſe Notions and Images of things, particularly of Love and Honour, thoſe nobleſt Concerns of human Life repreſented in theſe Mirrors: But when we conſider upon what Principles the Duelliſts and Hectors of the Age defend the Outrages, and how great a Devotion is paid to Luſt, inſtead of virtuous Love, we cannot be to ſeek for the Goſpel which makes theſe Doctrines appear orthodox.

As for the Entertainments which they find abroad, they may be innocent, or otherwiſe, according as they are managed. The common Intercourſe of Civility is a Debt to Humanity, and, therefore, mutual Viſits may often be neceſſary, and ſo (in ſome Degree) may be ſeveral harmleſs and healthful Recreations which may call them abroad, for we write not now to Nuns, and have no Purpoſe to confine them to a Cloiſter. Yet, on the other Side to be always wandring, is the Condition of a Vagabond; and of the two, 'tis better to be a Priſoner to one's Home than a Stranger. *Solomon* links it with ſome very unlaudable Qua-

lities of a Woman, *Prov.* vii. 11. that *her Feet abide not in her Houſe*; and 'tis an unhappy Impotence not to be able to ſtay at home when there is any thing to be ſeen abroad; that any Mask, or Revel, any Jollity of others muſt be their Rack and Torment, if they cannot get to it. Alas, ſuch Meetings are not ſo ſure to be ſafe, that they had need be frequent, and they are of all others leaſt like to be ſafe to thoſe, who much dote on them: And, therefore, thoſe that find they do ſo, had need to counterbiaſs their Minds, and ſet them to ſomething better, and by more ſerious Entertainments ſupplant thoſe Vanities, which at the beſt are childiſh, and may often prove worſe, it being too probable that thoſe *Dinahs* which are ſtill gadding, tho' on Pretence, only to ſee the Daughters of the Land, may at laſt meet with a Son of *Hamor*.

There is alſo another great Devourer of Time ſubſervient to the Former, we mean Dreſſing; for they that love to be ſeen much abroad, will be ſure to be ſeen in the moſt exact Form: And this is an Employment that does not ſteal but challenge their Time; what they waſte here is *cum Privilegio*, it being, by the Verdict of this Age, the proper Buſineſs, the one Science wherein a young Lady is to be perfectly verſs'd: So that now all virtuous Emulation is to be converted into this ſingle Ambition, who ſhall excel in this Faculty: A Vanity which we confeſs is more excuſable in the Youngeſt than in the elder Sort; they being ſuppoſable not yet to have outworn the Reliques of their Childhood, to which Toys and Gaiety were proportionable. Beſides, 'tis, ſure, allowable upon a ſoberer Account, that they who deſign Marriage ſhould give themſelves the Advantage of decent Ornaments, and not by the negligent Rudeneſs

Rudeneſs of their Dreſs bely Nature, and ren'er themſelves leſs amiable than ſhe has made them: But all this being granted, 'twill by no Means juſtify that exceſſive Curioſity and Sollicitude, that Expence of Time, and Money too, which is now uſed. A very moderate Degree of all thoſe will ſerve for that ordinary Decency which they need provide for, will keep them from the Reproach of an affected Singularity, which is as much as a ſober Perſon need take Care for: And we muſt take Leave to ſay, that in order to Marriage, ſuch a Moderation is much likelier to ſucceed than the contrary Extravagance. Among the prudenter Sort of Men it certainly is, if it be not among the Looſe and Vain, againſt which 'twill be their Guard, and ſo do them the greater Service. For certainly, he that chooſes a Wife for thoſe Qualities for which a wiſe Man would refuſe her, underſtands ſo little what Marriage is, as portends no great Felicity to her that ſhall have him: But if they deſire to marry Men of Sobriety and Diſcretion, they are obliged in Juſtice to bring the ſame Qualities they expect, which will be very ill evidenced by that Exceſs and Vanity we now ſpeak of.

For to ſpeak a plain (tho' perhaps ungrateful) Truth, this (together with ſome of the modiſh Liberties now in Uſe) is it, which keeps ſo many young Ladies about the Town unmarried 'till they loſe the Epithet of Young. Sober Men are afraid to venture upon a Humour ſo diſagreeing to their own, leaſt whilſt (according to the primitive Reaſon of Marriage) they ſeek a Help they eſpouſe a Ruin: But this is eſpecially dreadful to a plain Country Gentleman, who looks upon one of theſe fine Women as a gaudy Idol, to whom, if he once become a Votary, he muſt ſacrifice

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a great Part of his Fortune and all his Content. How reaſonable that Apprehenſion is, the many Wrecks of conſiderable Families do too evidently atteſt: But it is to be preſumed ſome of the nicer Ladies have ſuch a Contempt of any thing that they pleaſe to call Ruſtic, that they will not much regret the averting of thoſe whom they ſo deſpiſe, they will not, perhaps, while they are in purſuit or hopes of others; but when thoſe fail theſe will be look'd on as a welcome Reſerve; and, therefore, 'twill be no Prudence to cut themſelves off from that laſt Reſort, leaſt they, as many have done, betake themſelves to much worſe. For as in many Inſtances 'tis the Country which feeds and maintains the Grandeur of the Town, ſo of all Commerces there, Marriage would ſooneſt fail if all rural Supplies were cut off.

But we have purſued this Speculation farther than, perhaps, our Virgin Readers will thank us for; we ſhall return to that which it was brought to inforce, and beſeech them, that if not to Men, yet to approve themſelves to God, they will confine themſelves in the Matter of their Dreſs within the due Limits of Decency and Sobriety. We ſhall not direct them to thoſe ſtrict Rules which *Tertullian* and ſome other of the ancient Fathers have preſcrib'd in this Matter, our Petition is, only, that our Virgins would at leaſt ſo take care of their Bodies, as Perſons that alſo have a Soul; which if they can be perſuaded to, they may reſerve much of their Time for more worthy Uſes than thoſe of the Comb, the Toilet and the Glaſs: And truly, 'tis not a little their Concern to do ſo, for this Spring of their Age is that critcal Inſtant that muſt either confirm or blaſt the Hopes of all the ſucceeding Seaſons.

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The Minds of young People are uſually compared to a blank Sheet of Paper, equally capable of the beſt or the worſt Impreſſions; 'tis pity they ſhould be fill'd with childiſh Scrawls and little inſignificant Figures, but 'tis Shame and Horror they ſhould be ſtain'd with any vicious Characters, any Blots of Impurity or Diſhonour. To prevent which, let the ſevereſt Notions of Modeſty and Honour be early and deeply impreſs'd upon their Souls, graven as with the Point of a Diamond, that they may be as indelible as they are indiſpenſibly neceſſary to the Virgin State.

There is alſo another very requiſite Quality, and that is Obedience. The younger Sort of Virgins are ſuppoſed to have Parents, or if any has been ſo unhappy as to loſe them early, they commonly are left in the Charge of ſome Friend or Guardian that is to ſupply the Place; ſo that they cannot be to ſeek to whom this Obedience is to be paid: And it is not more their Duty than their Intereſt to pay it. Youth is apt to be fooliſh in its Deſigns, and heady in the purſuit of them; and there can be nothing more deplorable than to have it left to itſelf: And, therefore, God, who permits not even the Brutes to deſtitute their young ones till they attain to the Perfection of their Kind, has put Children under the Guidance and Protection of their Parents, till, by the maturing of their Judgments, they are qualified to be their own Conductors. Now this Obedience (as that which is due to all other Superiors) is to extend itſelf to all Things that are either good or indifferent, and has no Clauſe of Exception, but only where the Command is unlawful; and in ſo wide a Scene of Action there will occur ſo many particular Occaſions of Submiſſion, that they had need have a great Reverence of their

Parents

Parents Judgments, and Diſtruſt of their own: And if it ſhould happen that ſome Parents are not qualified to give them the former, yet, the general Imbecility of their Age, will remain a conſtant Ground of the latter; ſo that they may ſafelier venture themſelves to their Parents Miſ-guidance, than their own, by how much the Errors of Humility and Obedience are leſs malignant than thoſe of Preſumption and Arrogance.

But this is a Doctrine which will ſcarce paſs for Orthodox with many of the young Women of our Days, with whom 'tis Prejudice enough againſt the prudenteſt Advice, that it comes from their Parents. It is the grand Ingenuity of theſe Times to turn every thing into Ridicule; and if a Girl can but rally ſmartly upon the ſober Admonition of a Parent, ſhe concludes, ſhe is the abler Perſon, takes herſelf for a Wit, and the other for a Fop, (a bugbear Word, deviſed to fright all Seriouſneſs and Sobriety out of the World) and learns not only to diſobey but to contemn. Indeed, the great Confidence that Youth now ſeems to have of itſelf, as it is very indecent, ſo it is extremely pernicious. Children that will attempt to go alone before their Time, oft get dangerous Falls: And when thoſe who are but little removed from Children, ſhall caſt off the wiſer Conduct of others, they oft ſadly miſcarry by their own.

We know this Age has ſo great a Contempt of the former, that it is but Matter of Scorn to alledge any of their Cuſtoms, elſe we ſhould ſay, that the Liberties that are taken now, would then have been ſtartled at. They that ſhould then have ſeen a young Maid rambling abroad without her Mother, or ſome other prudent Perſon, would have

have look'd on her as a Stray, and thought it but a neighbourly Office to have brought her home; whereas, now it 'tis a Rarity to ſee them in any Company graver than themſeves, and ſhe that goes with her Parent, unleſs it be ſuch a Parent as is as wild as herſelf, thinks ſhe does but walk abroad with her Jailor: But, ſure, there are no ſmall Miſchiefs that attend this Liberty, for it leaves them perfectly to the Choice of their Company, a thing of too weighty an Importance for giddy Heads to determine, who will be ſure to elect ſuch as are of their own Humour, with whom they may keep up a Traffick of little Impertinencies and trifling Entertainments; and ſo by Conſequence condemn themſelves never to grow wiſer, which they may do by an ingenious Converſation. Nay, 'tis well if that negative Ill be the worſt, for it gives Opportunity to any that have ill Deſigns upon them. It will be eaſy getting into their Company who have no Guard to keep any body out, and as eaſy, by little Compliances and Flatteries, to inſinuate into their good Graces, who have not the Sagacity to diſcern to what inſidious Purpoſes thoſe Blandiſhments are directed; and when they once begin to nibble at the Bait, to be pleaſed with the Courtſhip, 'tis great Odds they do not eſcape the Hook.

Alas, how many poor innocent Creatures have been thus indiſcernibly enſnared; have at firſt, perhaps, only liked the Wit and Raillery, perhaps the Language and Addreſs, then the Freedom and good Humour, till at laſt they come to like the Perſon. It is, therefore, a moſt neceſſary Caution for young Women not to truſt too much to their own Conduct, but to own their Dependance on thoſe to whom God and Nature has ſubjected them, and to look on it not

as their Reſtraint and Burden, but as their Shelter and Protection. For where once the Authority of a Parent comes to be deſpis'd, tho' in the lighteſt Inſtance, it lays the Foundation of utmoſt Diſobedience. She that will not be preſcrib'd to in the Choice of her ordinary diverting Company, will leſs be ſo in chooſing the fix'd Companion of her Life; and we find it often eventually true, that thoſe who govern themſelves in the former, will not be govern'd by their Friends in the latter, but by Pre-engagements of their own prevent their Elections for them.

And this is one of the higheſt Injuries they can do their Parents, who have ſuch a native Right in them, that 'tis no leſs an Injuſtice than Diſobedience to diſpoſe of themſelves without them. This Right of the Parent is ſo undoubted, that we find God himſelf gives way to it, and will not ſuffer the moſt holy Pretence, no, not that of a Vow, to invade it, as we may ſee his own ſtating of the Caſe, *Numb.* xxx. How will he then reſent it to have this ſo indiſpenſible a Law violated upon the Impulſe of an impotent Paſſion, an amorous Inclination? Nor is the Folly leſs than the Sin: They injure and afflict their Parents, but they generally ruin and undo themſelves: And that upon a double Account, *Firſt*, As to the ſecular Part. Thoſe that are ſo raſh as to make ſuch Matches, cannot be imagin'd ſo provident as to examine how agreeable 'tis to their Intereſt; or to contrive for any thing beyond the Marriage. The Thoughts of their future temporal Conditions (like thoſe of the Eternal) can find no room amidſt their fooliſh Raptures, but as if Love were, indeed, that Deity which the Poets feigned they depend on it for all, and take no further Care: And the Event does commonly

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too ſoon inſtruct them in the Deceitfulneſs of that Truſt; Love being ſo unable to ſupport them, that it cannot maintain itſelf, but quickly expires when it has brought the Lovers into thoſe Straits from whence it cannot reſcue them. So that, indeed, it does but play the Decoy with them, brings them into the Nooſe and then retires; for when ſecular Wants begin to pinch them, all the Tranſports of their Kindneſs do uſually convert into mutual Accuſations, for having made each other miſerable.

And, indeed, there is no Reaſon to expect any better Event, becauſe in the ſecond Place, they forfeit their Title to the divine Bleſſing; nay, they put themſelves out of the Capacity to ask it, it being a ridiculous Impudence to beg of God to proſper the Tranſgreſſions of his Law. Such Weddings ſeem to invoke ſome of the Poetic Romantic Deities, *Venus* and *Hymen*, from whence they derive a Happineſs as fictitious as are the Gods that are to ſend it.

Let all Virgins, therefore, religiouſly obſerve this Part of Obedience to their Parents, that they may not only have their Benediction, but God's: And to that Purpoſe let this be laid as a fundamental Rule, that they never hearken to any Propoſal of Marriage made them from any other Hand; but when any ſuch Overture is made, divert the Addreſs from herſelf, and direct it to her Parents, which will be the beſt Teſt imaginable for any Pretender. For if he know himſelf worthy of her, he will not fear to avow his Deſign to them; and, therefore, if he decline that, 'tis a certain Symptom he is conſcious of ſomething he knows will not give a valuable Conſideration; ſo that this Courſe will repel no Suitor but ſuch as it is their Intereſt not to admit. Beſides, 'tis moſt agreeable to the Vir-

gin Modeſty, which ſhould make Marriage an Act rather of their Obedience than their Choice; and they that think their Friends too ſlow paced in the Matter, and ſeek to out-run them, give Cauſe to ſuſpect they are ſpurr'd on by ſomewhat too warm Deſires.

But as a Daughter is neither to anticipate nor contradict the Will of her Parents, ſo (to hang the Ballance even) we muſt ſay, ſhe is not obliged to force her own, by marrying where ſhe cannot love; for a negative Voice in the Caſe is as much the Child's Right as the Parents. It is true ſhe ought well to examine the Grounds of her Averſion, and if they prove only childiſh and fanciful, ſhould endeavour to correct them by Reaſon and ſober Conſideration; if after all ſhe cannot leave to hate, we think ſhe ſhould not not proceed to marry. Indeed, ſhe cannot without a ſacrilegious Hypocriſy, vow ſo ſolemnly to love where ſhe at the Inſtant actually abhors: And where the married State is begun with ſuch a Perjury, 'tis no wonder to find it continued on at the ſame Rate, that other Parts of the Vow be alſo violated; and that ſhe obſerves the negative Part no more than the poſitive, and as little forſake others, as ſhe does heartily cleave to her Husband. It is to be feared, that this is a Conſequence whereof there are too many ſad Inſtances now extant; for tho', doubtleſs, there are ſome Virtues which will hold out againſt all the Temptations their Averſions can give, nay, which do at leaſt even conquer thoſe Averſions, and render their Duty as eaſy as they have kept it ſafe; yet, we find there are but ſome that do ſo, that it is no inſeparable Property of the Sex, and, therefore, it is ſure too hazardous an Experiment for any of them to venture on.

And

And if they may not upon the more generous Motive of Obedience, much leſs may they upon the worſe Inducements of Avarice and Ambition; for a Woman to make a Vow to the Man, and yet intend only to marry his Fortune, or his Title, is the baſeſt Inſincerity, and ſuch as in any other Kind of civil Contracts, would not only have the Infamy but the Puniſhment of a Cheat. Nor will it at all ſecure them, that in this 'tis only liable to God's Tribunal: For that is not like to make the Doom leſs, but more heavy, it being as the Apoſtle witneſſes, *A fearful thing to fall in the Hands of the living God. Heb.* x. 31. In a Word, Marriage is God's Ordinance and ſhould be conſider'd as ſuch, not made a Stale to any unworthy Deſign: And it may well be preſum'd, one Cauſe why ſo few Matches are happy, that they are not built upon a right Foundation: Some are grounded upon Wealth, ſome on Beauty, too ſandy Bottoms, God knows, to raiſe any Felicity on; whilſt in the Inetrim, Virtue and Piety, the only ſolid Baſis for that Superſtructure, are ſcarce ever conſidered. Thus God is commonly left out of the Conſultation: The Lawyers are reſorted to to ſecure the Settlements, all Sorts of Artificers to make up the Equipage, but he is neither advis'd with as to the Motives, nor ſcarce ſupplicated as to the Event of Wedding. Indeed, 'tis a deplorable Sight to ſee with what Lightneſs and Unconcerndneſs young People go to that weightieſt Action of their Lives; that a Marriage Day is but a kind of a Bacchanal, a more licenſed avowed Revel; when, if they duly conſidered it, 'tis the Hinge upon which their future Life moves, which turns them over to a happy or miſerable Being; and, therefore, ought to be entered upon

upon with the greateſt Serioufneſs and Devotion. Our Church adviſes excellently in the Preface to Matrimony, and it were to be wiſhed that they would not only give it the hearing at the Time, but make it their Study a good while before; yea, and the Marriage Vow too, which is ſo ſtrict and awful a Bond, that, methinks, they had need well weigh every Branch of it, ere they enter it; and by the ferventeſt Prayers implore that God, who is the Witneſs, to be their Aſſiſtant too in its Performance.

# CHAP. VII.

## *Of the Manner of* BEHAVIOUR *towards* MEN.

THE Female Sex ought to maintain a Behaviour towards Men, which may be ſecure to themſelves without offending them. No ill-bred affected Shyneſs, nor a Roughneſs, unſuitable to their Sex, and unneceſſary to their Virtue, but a Way of living that may prevent all Cauſe of Railleries or unmannerly Freedoms; Looks that forbid without Rudeneſs, and oblige without Invitation, or leaving Room for the ſaucy Inferences Men's Vanity ſuggeſts to them upon the leaſt Encouragements. This is ſo very nice, that it muſt engage them to have a perpetual Watch upon their Eyes, and to remember that one careleſs Glance gives more Advantage than a hundred Words not enough conſidered; the Language of the Eyes being very much the moſt ſignificant and the moſt obſerved.

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The Civility of Women, which is always to be preſerved, muſt not be carried to a *Compliance*, which may betray them into irrecoverable Miſtakes. This *French* ambiguous Word *Complaiſance*, has led Women into more Blame, than all other Things put together. It carries them by Degrees into a certain Thing, called a *good kind* of *Woman*, an eaſy *idle Creature* that doth neither *Good* nor *Ill* but by Chance, has no Choice, but leaves that to the Company ſhe keeps. *Time*, which by Degrees adds to the Signification of Words, has made her, according to the modern Stile, little better than one who thinks it a Rudeneſs to deny when civilly required, either her Service in Perſon, or her friendly Aſſiſtance, to thoſe who would have a Meeting, or want a Confident. She is a certain Thing always at Hand, an eaſy Companion, who has ever great Compaſſion for diſtreſſed Lovers: She cenſures nothing but *Rigour*, and is never without a Plaiſter for a wounded Reputation, in which chiefly lies her Skill in Surgery: She ſeldom has the Propriety of any particular Gallant but lives upon Brokage, and waits for the Scraps her Friends are content to leave her.

There is another Character not quite ſo criminal, yet not leſs ridiculous; which is, that of a good humour'd Woman, one who thinketh ſhe muſt always be in a Laugh, or a broad Smile, becauſe Good-Humour is an obliging Quality; thinks it leſs ill Manners to talk impertinently than to be ſilent in Company. When ſuch a prating Engine rides Admiral, and carries the Lanthorn in a Circle of Fools, a chearful Coxcomb coming in for a Recruit, the chattering of Monkeys is a better Noiſe than ſuch a Concert of ſenſeleſs Merriment. If ſhe is applauded in it, ſhe

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is ſo encouraged, that, like a Ballad Singer, who, if commended, breaks his Lungs, ſhe lets herſelf looſe and overflows upon the Company. She conceives that Mirth is to have no Intermiſſion, and, therefore, ſhe will carry it about with her, tho' it be to a Funeral; and if a Man ſhould put a familiar Queſtion, ſhe does not know very well how to be angry, for then ſhe would be no more that pretty Thing, called a good-humour'd Woman. This Neceſſity of appearing at all Times to be ſo infinitely pleaſed, is a grievous Miſtake, ſince in a handſome Woman that Invitation is unneceſſary; and in one who is not ſo ridiculous. It is not intended by this, that Women ſhould forſwear Laughing; but let them remember, that Fools being always painted in that Poſture, ſhould frighten thoſe who are wiſe from doing it too frequently, and going too near a Copy which is ſo little inviting; and much more from doing it loud, which is an unnatural Sound, and looks ſo much like another Sex, that few Things are more offenſive. That boiſterous Kind of Jollity is as contrary to Wit and good Manners, as it is to Modeſty and Virtue. Beſides, it is a coarſe Kind of Quality, that throws a Woman into a lower Form, and degrades her from the Rank of thoſe who are more refined. Some Ladies ſpeak *loud* and make a Noiſe to be the more minded, which looks as if they beat their Drums for Voluntiers; and if by Misfortune none come into them, they may, not without Reaſon, be a good deal out of Countenance.

There is one Thing yet more to be avoided, which is, the Example of thoſe who intend nothing farther than the Vanity of Conqueſt, and think themſelves ſecure of not having their Honour tainted by it. Some are apt to believe

lieve their Virtue is too obſcure, and not enough known, except it is expoſed to a broader Light, and ſet out to its beſt Advantage by ſome publick Trials. Theſe are dangerous Experiments, and generally fail, being built upon ſo weak a Foundation, as that of a too great Confidence in ourſelves. It is as ſafe to play with Fire, as to dally with Gallantry. Love is a Paſſion that has Friends in the Garriſon, and for that Reaſon muſt, by a Woman, be kept at ſuch a Diſtance, that ſhe may not be within the Danger of doing the moſt uſual Thing in the World, which is conſpiring againſt herſelf: Elſe the humble Gallant, who is only admitted as a Trophy, very often becomes the Conqueror; he puts on the Style of Victory, and from an Admirer grows into a Maſter, for ſo he may be called from the Moment he is in Poſſeſſion. The firſt Reſolutions of ſtopping at good Opinion and Eſteem, grow weaker by Degrees againſt the Charms of Courtſhip skilfully apply'd. A Lady is apt to think a Man ſpeaks ſo much Reaſon whilſt he is commending her, that ſhe has much ado to believe him in the Wrong when he is making Love to her: And when, beſides the natural Inducements the Sex has to be merciful, ſhe is bribed by well-choſen Flattery, the poor Creature is in Danger of being caught like a Bird liſtening to the Whiſtle of one who has a Snare for it. Conqueſt is ſo tempting a Thing, that it often makes Women miſtake Mens Submiſſions; which with all their fair Appearances, have generally leſs Reſpect than Art in them. Women ſhould remember, that Men who ſay extreme fine Things, many Times ſay them moſt for their own Sakes; and that the vain Gallant is often as well pleaſed with his own Compliments, as he could be with the kindeſt Anſwer. Where

there is not that Oſtentation, you are to ſuſpect there is a Deſign: And as ſtrong Perfumes are ſeldom uſed but where they are neceſſary to ſmother an unwelcome Scent, ſo exceſſive good Words leave room to believe they are ſtrewed to cover ſomething, which is to gain Admittance under a a Diſguiſe. Women muſt, therefore, be upon their Guard, and conſider, that of the two, Reſpect is more dangerous than Anger. It puts even the beſt Underſtandings out of their Place for the Time, till ſecond Thoughts reſtore them; it ſteals upon us inſenſibly, and throws down our Defences, and makes it too late to reſiſt, after we have given it that Advantage. Whereas Railing goes away in Sound, it has ſo much Noiſe in it, that by giving Warning it beſpeaks Caution. Reſpect is a ſlow and ſure Poiſon, and, like Poiſon, ſwells us within ourſelves. Where it prevails too much it grows to be a kind of Apoplexy in the Mind, turns quite round, and after it has once ſeized the Underſtanding, becomes mortal to it. For theſe Reaſons, the ſafeſt way is to treat it like a ſly Enemy, and to be perpetually upon the Watch againſt it.

One Advice may be added to conclude this Head, which is, that Women ſhould let every ſeven Years make ſome Alteration in them towards the graver ſide, and not be like the Girls of fifty, who reſolved to be always young, whatever Time with his Iron Teeth determined to the contrary. Unnatural Things carry a Deformity in them never to be diſguiſed; the Livelineſs of Youth in a riper Age, looks like a new Patch upon an old Gown; ſo that a gay Matron, a chearful old Fool, may be reaſonably put into the Liſt of the tamer Kind of Monſters. There is a certain Creature called, a grave Hobby-Horſe, a kind of a She Numps,

Numps, that pretends to be pulled to a Play, and muſt needs go to *Bartholomew* Fair, to look after the young Folks, whom ſhe only ſeems to make her Care; in reality ſhe takes them for her Excuſe. Such an old Butterfly is, of all Creatures, the moſt ridiculous, and ſooneſt found out. It is good to be early in your Caution, to avoid any thing that comes within Diſtance of ſuch deſpicable Patterns, and not like ſome Ladies, who defer their Converſion till they have been ſo long in Poſſeſſion of being laughed at, that the World doth not know how to change their Style, even when they are reclaimed from that which gave the firſt Occaſion for it.

The Advantages of being *reſerved* are too many to be ſet down; we will only ſay, that it is a Guard to a good Woman, and a Diſguiſe to an ill One. It is of ſo much Uſe to both, that thoſe ought to uſe it as an *Artifice* who refuſe to practice it as a *Virtue*.

## CHAP. VIII.

### *Of Female* FRIENDSHIPS *and* CENSURE.

WE would recommend to the Fair Sex, in a particular Manner, a ſtrict Care in the Choice of their Friendſhips. Perhaps the beſt are not without their Objections; but however, they ought to be ſure that they do not ſtray from the Rules that the wiſer Part of the World has ſet them. The Leagues offenſive and defenſive ſeldom

hold in Politicks, and much leſs in Friendſhips. The violent Intimacies, when once broken, of which they ſcarce ever fail, make ſuch a Noiſe; the Bag of Secrets untied, they fly about like Birds let looſe from a Cage, and become the Entertainment of the Town. Beſides, theſe great Dearneſſes, by Degrees, grow injurious to the reſt of their Acquaintance, and throw them off. There is ſuch an offenſive Diſtinction when the dear Friend comes into the Room, that it is flinging Stones at the Company, who are not apt to forgive it.

It is wrong to lay out Friendſhip too laviſhly at firſt, ſince it will, like other Things, be ſo much the ſooner ſpent; neither ſhould it be ſuffered to be of too ſudden a Growth; for as the Plants which ſhoot up too faſt are not of that Continuance as thoſe which take more Time for it, ſo too ſwift a Progreſs in pouring out Kindneſs, is a certain Sign that by the Courſe of Nature it will not be long lived. Ladies who pitch upon Friends under the Weight of any criminal Objection, muſt be reſponſible to the World for it. In that Caſe they bring themſelves under the Diſadvantages of their Character, and muſt bear their Part of it. Chooſing implies approving; and if a Friend be choſe againſt whom the World has given Judgment, it is not ſo well-natured as to believe that Perſon averſe to her way of living, ſince ſhe is not diſcouraged by it from admitting her into her Kindneſs: And Reſemblance of Inclinations being thought none of the leaſt Inducements to Friendſhip, ſhe will be look'd upon at leaſt as a Well-wiſher, if not a Partner, with her in her Faults. Thoſe who can forgive them in another will not be leſs gentle to themſelves.

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If a Friend happens to fall from the State of Innocence after Kindneſs is engaged to her, a Woman ſhould be ſlow in her Belief in the Beginning of the Diſcovery: But as ſoon as ſhe is convinced by a rational Evidence, ſhe ought, without breaking too roughly, to make a fair and quick Retreat from ſuch a miſtaken Acquaintance: Elſe by moveing too ſlowly from one that is ſo tainted, the Contagion may reach ſo far, as to give Part of the Scandal, tho' not of the Guilt. This Matter is ſo nice, that as a Perſon muſt not be too haſty to join in the Cenſure upon a Friend when ſhe is accuſed, ſo, on the other Side, ſhe ſhould not defend her with too much Warmth; for if ſhe ſhould happen to deſerve the Report of common Fame, beſides the Vexation belonging to ſuch a Miſtake, her Advocate will draw an ill Appearance upon herſelf, and it will be thought ſhe pleaded for her not without ſome Conſideration of herſelf. The Anger which muſt be put on to vindicate the Reputation of an injur'd Friend, may incline the Company to ſuſpect ſhe would not be ſo zealous, if there was not a Poſſibility that the Caſe might be her own. For this Reaſon, Women are not to carry their Dearneſs ſo far as abſolutely to loſe their Sight where their Friend is concerned. Becauſe Malice is too quick-ſighted, it does not follow that Friendſhip muſt be blind. There is to be a Mean between theſe two Extreams, elſe the Exceſs of Good-Nature may betray one into a very ridiculous Figure, and by Degrees may bring a Lady to ſuch Offices as ſhe ſhould not be proud of. Ignorance may leſſen the Guilt, but will improve the Jeſt upon thoſe, who ſhall be kindly ſolicitous to procure a Meeting, and innocently contribute to the Ills they would avoid: Whilſt the contriving Lovers, when they

they are alone, ſhall make her the Subject of their Mirth, and, perhaps, with Reſpect to the Goddeſs of Love be it ſpoken, it is not the worſt Part of their Entertainment, at leaſt it is the moſt laſting, to laugh at the believing Friend, who was ſo eaſily deluded.

Good Senſe ought to be a chief Ingredient in the Choice of Friends, elſe let a Woman's Reputation be never ſo clear, it may be clouded by the Impertinence of her Confident. It is like our Houſes being in the Power of a drunken or a careleſs Neighbour; only ſo much worſe, as thatthere will beno Inſurance here to make Amends, as there is in the Caſe of Fire.

To conclude on this Head. If Formality is to be allowed in any Inſtance, it is to be put on to reſiſt the Invaſion of ſuch forward Women as ſhall preſs themſelves into the Friendſhip of others, where, if admitted, they will either be a Snare or an Incumbrance.

We will come next to the Conſideration, how Women are to manage their *Cenſure*; in which both Care and Skill will be a good deal requiſite. To diſtinguiſh is not only natural but neceſſary; and the Effect of it is, that we cannot avoid giving Judgment in our Minds, either to abſolve or condemn, as the Caſe requires. The Difficulty is, to know when and where it is fit to proclaim the Sentence. An Averſion to what is criminal, a Contempt of what is ridiculous, are the inſeparable Companions of Underſtanding and Virtue; but the letting them go farther than our own Thoughts, hath ſo much Danger in it, that though it is neither poſſible nor fit to ſuppreſs them intirely, yet it is neceſſary they ſhould be kept under very great Reſtraints. An unlimited Liberty of this Kind is little leſs than ſend-

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ing a Herald and proclaiming War to the World, which is an angry Beaſt, when ſo provoked. The Conteſt will be unequal, tho' we are never ſo much in the Right: And if a Woman begins againſt ſuch an Adverſary, it will tear her in Pieces with this Juſtification, that it is done in its own Defence. They muſt, therefore, take Heed of laughing except in Company that is very ſure. It is throwing Snow-Balls againſt Bullets; and it is the Diſadvantage of a Woman, that the Malice of the World will help the Brutality of thoſe who will throw a ſlovenly Untruth upon her. They are for this Reaſon to ſuppreſs their Impatience for Fools; who, beſides they are too ſtrong a Party to be unneceſſarily provoked, are of all others, the moſt dangerous in this Caſe. A Blockhead in his Rage will return a dull Jeſt that will lie heavy, though there is not a Grain of Wit in it. Others will do it with more Art, and a Perſon muſt not think herſelf ſecure becauſe her Reputation may, perhaps, be out of the Reach of *Ill-will*; for if it finds that Part guarded, it will ſeek one which is more expoſed. It flies, like a corrupt Humour in the Body, to the weakeſt Part. If a Woman has a tender Side, the World will be ſure to find it, and to put the worſt Colour upon all ſhe ſays or does, it will give an Aggravation to every thing that may leſſen her, and a ſpiteful Turn to every thing that might recommend her. Anger lays open thoſe Defects which Friendſhip would not ſee, and Civility might be willing to forget; Malice needs no ſuch Invitation to encourage it, neither are any Pains more ſuperfluous than thoſe we take to be ill ſpoken of. If Envy, which never dies, and ſeldom ſleeps,

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is content ſometimes to be in a Slumber, it is very unskilful to make a Noiſe to awake it.

Beſides, a Lady's Wit will be miſapply'd if it is wholly directed to diſcern the Faults of others, when it is ſo neceſſary to be often uſed to mend and prevent her own. The ſending our Thoughts too much abroad has the ſame Effect as when a Family never ſtays at home; Neglect and Diſorder naturally follows; as it muſt do within ourſelves, if we do not frequently turn our Eyes inwards, to ſee what is amiſs with us, where it is a Sign we have an unwelcome Proſpect, when we do not care to look upon it, but rather ſeek our Conſolations in the Faults of thoſe we converſe with.

Avoid being the firſt in fixing a hard Cenſure; let it be confirmed by the general Voice before you give into it; neither ſhould any one then give Sentence like a Magiſtrate, or as if ſhe had a ſpecial Authority to beſtow a good or ill Name at Diſcretion. She ſhould not dwell too long upon a weak Side, a Touch and away, but take a Pleaſure to ſtay longer where ſhe can commend; like Bees that fix only upon thoſe Herbs out of which they may extract the Juice of which their Honey is compoſed. A Virtue ſtuck with Briſtles is too rough for this Age; it muſt be adorned with ſome Flowers, or elſe it will be unwillingly entertained; ſo that even where it may be fit to ſtrike, it ſhould be done like a Lady, gently; and then ſhe may aſſure herſelf, that where ſhe cares to do it, ſhe will wound others more, and hurt herſelf leſs, by ſoft Strokes, than by being harſh or violent.

The Triumph of Wit is to make *Good-Nature* ſubdue *Cenſure*; to be quick in ſeeing Faults and ſlow in expoſing them.

them. It is to be conſidered, that the inviſible Thing called, a good Name, is made up of the Breath of Numbers that ſpeak well of a Perſon; ſo that if by a diſobliging Word the Meaneſt is ſilenced, the Gale will be leſs ſtrong which is to bear up her Eſteem, and tho' nothing is ſo vain as the eager Purſuit of empty Applauſe, yet, to be well thought of, and to be kindly uſed by the World, is like a Glory about a Woman's Head, it is a Perfume ſhe carries about her, and leaves wherever ſhe goes; it is a Charm againſt Ill-will. Malice may empty her Quiver, but cannot wound; the Dirt will not ſtick, the Jeſts will not take: Without the Conſent of the World a Scandal does not go deep, it is only a ſlight Stroke upon the injured Party, and turns with the greater Force upon thoſe who gave it.

## CHAP. IX.

### *Of* VANITY *and* AFFECTATION.

WE muſt with more than ordinary Earneſtneſs give Caution againſt Vanity, it being the Crime to which the Female Sex ſeems to be moſt inclined; and ſince Affectation for the moſt Part attends it, they are not well to be divided. They cannot properly be called *Twins*, becauſe more properly Vanity is the Mother, and Affectation the darling Daughter; Vanity is the Sin, and Affectation is the Puniſhment; the Firſt may be called the Root of Self-

Love, the other the Fruit. Vanity is never at its full Growth 'till it ſpreads into Affectation and then it is complete.

Not to dwell any longer upon the Definition of them, we will paſs to the Means and Motives to avoid them. In order to which, it muſt be conſidered, that the World challenges the Right of diſtributing Eſteem and Applauſe; ſo that where any aſſume by their ſingle Authority to be their own Carvers, it grows angry, and never fails to ſeek Revenge: And if we may meaſure a Fault by the Greatneſs of the Penalty, there are few of a higher Size than Vanity, as there is ſcarce a Puniſhment which can be heavier than that of being laughed at.

Vanity makes a Woman, tainted with it, ſo top-full of herſelf, that ſhe ſpilleth it upon the Company: And becauſe her own Thoughts are intirely employed in Self-Contemplation, ſhe endeavours, by a cruel Miſtake, to confine her Acquaintance to the ſame narrow Circle of that which only concerns her Ladyſhip, forgetting that ſhe is not of half that Importance to the World that ſhe is to herſelf, ſo miſtaken ſhe is in her Value by being her own Appraiſer: She will fetch ſuch a Compaſs in Diſcourſe to bring in her beloved Self, and, rather than fail, her fine Petticoat, that there can hardly be a better Scene than ſuch a Trial of ridiculous Ingenuity. It is a Pleaſure to ſee her angle for Commendations, and riſe ſo diſſatisfied with the ill-bred Company if they will not bite. To obſerve her throwing her Eyes about to fetch in Priſoners, and go about cruizing like a Privateer, and ſo out of Countenance if ſhe return without Booty, is no ill Piece of Comedy. She is ſo eager to draw Reſpect that ſhe always miſſes it,

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yet thinks it ſo much her Due, that when ſhe fails, ſhe grows waſpiſh, not conſidering, that it is impoſſible to commit a Rape upon the Will; that it muſt be fairly gained, and will not be taken by Storm; and that in this Caſe the Tax ever raiſes higheſt by a Benevolence. If the World, inſtead of admiring her imaginary Excellencies, takes the Liberty to laugh at them, ſhe appeals from it to herſelf, for whom ſhe gives Sentence, and proclaims it in all Companies. On the other Side, if encouraged by a civil Word, ſhe is ſo obliging, that ſhe will give Thanks for being laughed at in good Language. She takes a Compliment for a Demonſtration, and ſets it up as an Evidence, even againſt her Looking-Glaſs: But the good Lady being all this while in a moſt profound Ignorance of herſelf, forgets that Men would not let her talk upon them, and throw ſo many ſenſeleſs Words at their Heads, if they did not intend to put her Perſon to Fine and Ranſome, for her Impertinence. Good Words of any other Woman, are ſo many Stones thrown at her, ſhe can by no Means bear them, they make her ſo uneaſy, that ſhe cannot keep her Seat, but up ſhe riſes and goes Home half burſt with Anger and ſtrait-lacing: If by great Chance ſhe ſays any thing that has Senſe in it ſhe expects ſuch an exceſſive Rate of Commendations, that to her thinking, the Company ever riſes in her Debt. She looks upon Rules as Things made for the common People, and not for Perſons of her Rank; and this Opinion ſometimes tempts her to extend her Prerogative to the diſpenſeing with the Commandments. If by great Fortune ſhe happens, in Spite of her Vanity, to be honeſt, ſhe is ſo troubleſome with it, that as far as in her lies, ſhe makes a ſcurvy thing of it. Her bragging of her Virtue, looks as

if it coſt her ſo much Pains to get the better of herſelf, that the Inferences are very ridiculous. Her good Humour is generally applied to the laughing at good Senſe. It would do one good to ſee how heartily ſhe deſpiſes any thing that is fit for her to do. The greateſt Part of her Fancy is laid out in chooſing her Gown, as her Diſcretion is chiefly employed in not paying for it. She is faithful to the Faſhion, to which not only her Opinion, but her Senſes are wholly reſigned: So obſequious ſhe is to it, that ſhe would be ready to be reconciled even to Virtue with all its Faults, if ſhe had her dancing Maſter's Word that it was practiced at Court.

To a Woman ſo compoſed, when Affectation comes in to improve her Character, it is then raiſed to the higheſt Perfection. She firſt ſets up for a fine Thing, and for that Reaſon will diſtinguiſh herſelf right or wrong, in every thing ſhe does. She would have it thought that ſhe is made of ſo much finer Clay, and ſo much more ſifted than ordinary, that ſhe has no common Earth about her. To this End ſhe muſt neither move nor ſpeak like other Women, becauſe it would be vulgar, and, therefore, muſt have a Language of her own, ſince ordinary *Engliſh* is too coarſe for her. The Looking-Glaſs in the Morning dictates to her all the Motions of the Day, which by how much the more ſtudied, are ſo much the more miſtaken. She comes into a Room as if her Limbs were ſet on with ill made Screws, which makes the Company fear the pretty Thing ſhould leave ſome of its artificial Perſon upon the Floor. She does not like herſelf as God Almighty made her, but will have ſome of her own Workmanſhip, which is ſo far from making her a better Thing than a Woman, that

that it turns her into a worſe Creature than a Monkey. She falls out with Nature, againſt which ſhe makes War without admitting a Truce, thoſe Moments excepted in which her Gallant may reconcile her to it. When ſhe hath a Mind to be ſoft and languiſhing, there is ſomething ſo unnatural in that affected Eaſineſs, that her Frowns could not be by many Degrees ſo forbidden. When ſhe would appear unreaſonably humble, one may ſee ſhe is ſo exceſſively proud, that there is no enduring it. There is ſuch an impertinent Smile, ſuch a ſatisfied Simper, when ſhe faintly diſowns ſome fulſome Commendation a Man happens to beſtow upon her againſt his Conſcience, that her Thanks for it are more viſible under ſuch a thin Diſguiſe, than they could be if ſhe ſhould print them. If a handſomer Woman taketh any Liberty of dreſſing out of the ordinary Rules, the miſtaken Lady followeth without diſtinguiſhing the unequal Pattern, and makes herſelf uglier by an Example miſplaced, either forgetting the Privilege of good Looks in another, or preſuming, without ſufficient Reaſon, upon her own. Her Diſcourſe is a ſenſeleſs Chime of empty Words, a Heap of Compliments ſo equally applied to differing Perſons, that they are neither valued nor believed. Her Eyes keep Pace with her Tongue, and are, therefore, always in Motion. One may diſcern that they generally incline to the compaſſionate Side, and that, notwithſtanding her Pretence to Virtue, ſhe is gentle to diſtreſſed Lovers, and Ladies that are merciful. She will repeat the tender Part of a Play ſo feelingly, that the Company may gueſs, without Injuſtice, ſhe was not altogether a diſintereſted Spectator. She thinks that Paint and Sin are concealed by railing at them: Upon the latter ſhe

is

is leſs hard, and being divided between the two oppoſite Prides of her Beauty and her Virtue, ſhe is often tempted to give broad Hints that ſomebody is dying for her; and of the two, ſhe is leſs unwilling to let the World think ſhe may be ſometimes profan'd, than that ſhe is never worſhipped.

Very great Beauty may, perhaps, ſo dazzle for a Time, that Men may not ſo clearly ſee the Deformity of theſe Affectaions; but when the Brightneſs goeth off, and that the Lover's Eyes are by that Means ſet at Liberty to ſee things as they are, he will naturally return to his Senſes and recover the Miſtake into which the Lady's good Looks had at firſt engaged him; and being once undeceived, ceaſes to worſhip that, as a Goddeſs, which he ſees only an artificial Shrine moved by Wheels and Springs to delude him. Such Women pleaſe only like the firſt opening of a Scene, that has nothing to recommend it but being new: They may be compared to Flies, that have pretty ſhining Wings for two or three hot Months, but the firſt cold Weather makes an End of them; ſo the latter Seaſon of theſe fluttering Creatures is diſmal; from their neareſt Friends they receive a very faint Reſpect; from the reſt of the World, the utmoſt Degree of Contempt.

This Picture may ſupply the Place of any other Rules which might be given to prevent a Woman's reſembling it; the Deformity of it, well conſidered, is Inſtruction enough; from the ſame Reaſon, that the Sight of a Drunkard is a better Sermon againſt that Vice, than the beſt that was ever preached upon that Subject.

CHAP.

# CHAP. X.

## *Of* PRIDE *and* DIVERSIONS.

AFTER having ſaid this againſt Vanity, we do not intend to apply the ſame Cenſure to Pride, well placed and rightly defined. It is an ambiguous Word; one kind of it is as much a Virtue, as the other is a Vice: But we are naturally ſo apt to chooſe the worſt, that it is become dangerous to commend the beſt Side of it.

A Woman is not to be proud of her fine Gown; nor when ſhe has leſs Wit than her Neighbours, to comfort herſelf that ſhe has more Lace. Some Ladies put ſo much Weight upon Ornaments, that if one could ſee into their Hearts, it would be found, that even the Thoughts of Death made leſs heavy to them by the Contemplation of their being laid out in State, and honourably attended to the Grave. One may come a good deal ſhort of ſuch an Extream, and yet ſtill be ſufficiently impertinent, by ſetting a wrong Value upon things which ought to be uſed with more Indifference. A Lady muſt not appear ſollicitous to ingroſs Reſpect to herſelf, but be content with a reaſonable Diſtribution, and allow it to others, that ſhe may have it returned to her. She is not to be troubleſomely nice, nor diſtinguiſh herſelf by being too delicate, as if ordinary Things were too coarſe for her; this is an unmannerly and an offenſive Pride, and where it is practiced deſerves to be mortified, of which it ſeldom fails. She is not to lean too much upon her Quality, much leſs, to deſpiſe

ſpiſe thoſe who are below it. Some make *Quality* an *Idol*, and then their Reaſon muſt fall down and worſhip it. They would have the World think, that no Amends can ever be made for the want of a *great Title*, or an ancient *Coat of Arms*; they imagine, that with theſe Advantages they ſtand upon the higher Ground, which makes them look down upon Merit and Virtue, as Things inferior to them. This Miſtake is not only *ſenſeleſs*, but *criminal* too, in putting a greater Price upon that which is a Piece of *good Luck*, than upon things that are valuable in themſelves. *Laughing* is not enough for ſuch a Folly; it muſt be ſeverely whipped, as it juſtly deſerves. It will be confeſſed, there are frequent Temptations given by pert Upſtarts to be angry, and by that to have our Judgments corrupted in theſe Caſes: But they are to be reſiſted; and the utmoſt that is to be allowed, is when thoſe of a new Edition will forget themſelves, ſo as either to brag of their weak Side, or to endeavour to hide their Meanneſs by their Inſolence, to cure them by a little ſeaſonable Raillery, a little Sharpneſs well placed, without dwelling too long upon it.

Theſe and many other Kinds of *Pride* are to be avoided. That which is to be recommended, is an Emulation in a Woman to riſe to a Character, by which ſhe may be diſtinguiſhed; an Eagerneſs for Precedence in Virtue, and all ſuch other Things as may gain a greater Share in the good Opinion of the World. *Eſteem* to *Virtue* is like a *cheriſhing Air* to *Plants* and *Flowers*, which makes them blow and proſper; and for that Reaſon it may be allowed to be in ſome Degree the Cauſe as well as the Reward of it. That *Pride* which leads to a *good End*, cannot be a *Vice*, ſince

ſince it is the Beginning of a Virtue; and to be pleaſed with juſt Applauſe, is ſo far from a Fault, that it would be an ill Symptom in a Woman, who ſhould not place the greateſt Part of her Satisfaction on it. Humility is, no Doubt, a great Virtue, but it ceaſes to be ſo, when it is afraid to ſcorn an ill Thing. Againſt Vice and Folly it is becoming the Female Sex to be haughty, but they muſt not carry the Contempt of things to Arrogance towards Perſons, and it muſt be done with fitting Diſtinctions, elſe it may be inconvenient by being unſeaſonable: A Pride that raiſeth a little Anger, to be outdone in any thing that is good, will have ſo good an Effect, that it is very hard to allow it to be a Fault.

It is no eaſy Matter to carry even between theſe differing Kinds deſcrib'd; but remember, that it is ſafer for a Woman to be thought too proud, than too familiar.

The laſt Thing we have to recommend to young Women *particularly*, tho' it likewiſe affects thoſe of every Age and Station of Life, is, a wiſe and ſafe Method of uſing Diverſions. To be too eager in the Purſuit of Pleaſure whilſt they are young, is dangerous; to catch at it in riper Years, is graſping a Shadow; it will not be held: Beſides, that by being leſs natural it grows to be indecent. Diverſions are moſt properly applied to eaſe and relieve thoſe who are oppreſſed, by being too much employed. Thoſe that are idle have no need of them, and yet they, above all others, give themſelves up to them. To unbend our Thoughts, when they are too much ſtretched by our Cares, is not more natural than it is neceſſary, but to turn our whole Lives into a Holiday, is not only ridiculous, but deſtroys Pleaſure inſtead of promoting it. The Mind,

like the Body, is tired by being always in one Poſture, too ſerious breaks, and too diverting looſens it: It is Variety that gives the Reliſh; ſo that Diverſions too frequently repeated, grow firſt to be indifferent, and at laſt tedious: Whilſt they are well-choſen and well-timed, they are never to be blamed; but when they are uſed to an Exceſs, tho' very innocent at firſt, they often grow to be criminal, and never fail to be impertinent.

Some Ladies are beſpoken for merry Meetings, as *Beſſus*, in the Play, was for Duels. They are engaged in a Circle of *Idleneſs*, where they turn round for the whole Year, without the Interruption of a ſerious Hour. They know all the Players Names, and are intimately acquainted with every Booth in *Bartholomew-Fair*. No Soldier is more obedient to the Sound of his Captain's Trumpet, than they are to that which ſummoneth them to a *Puppet-Play* or a Monſter.

The Spring, that brings out Flies and Fools, makes them Inhabitants in the Parks; in the Winter they are an Incumbrance to the Play-Houſe, and the Ballaſt of the Drawing-Room. The Streets all this while are ſo weary of theſe daily Faces, that Men's Eyes are overlaid with them. The Sight is glutted with fine Things, as the Stomach with ſweet ones; and when a Fair Lady will give too much of herſelf to the World ſhe grows luſcious, and oppreſſes inſtead of pleaſing. Theſe jolly Ladies do ſo continually ſeek Diverſion, that in a little Time they grow into a Jeſt, yet are unwilling to remember, that if they were ſeldomer ſeen, they would not be ſo often laugh'd at. Beſides, they make themſelves cheap, than which there cannot be an unkinder Word beſtowed upon the Female Sex.

To

To play ſometimes to entertain Company, or for Women to divert themſelves, is not to be diſallow'd; but to do it ſo often as to be called, Gameſters, is to be avoided, next to Things that are moſt criminal. It has Conſequences of ſeveral Kinds not to be endured; it will engage them into a Habit of Idleneſs and ill Hours, draw them into mixed Company, make them neglect their Civilties abroad, and their Buſineſs at home, and impoſe into their Acquaintance ſuch as will do them no Credit.

To deep Play there will be yet greater Objections: It will give Occaſion to the World to ask ſpiteful Queſtions: How they dare venture to loſe, and what Means they have to pay ſuch great Sums? If they pay exactly, it will be enquired from whence the Money comes? If they owe, and eſpecially to a Man, they muſt be ſo very civil to him for his Forbearance, that it lays a Ground for having it farther improved, if the Gentleman is ſo diſpoſed, who will be thought no unfair Creditor, if, where the Eſtate fails, he ſeizes upon the Perſon. Beſides, if a Lady could ſee her own Face upon an ill Game, at a deep Stake, ſhe would certainly forſwear any thing that could put her Looks under ſuch a Diſadvantage: And as a certain ingenious Poet ſays, ſpeaking of Ladies playing at Hazard,

*If the Fair Ones their Charms did ſufficiently prize,*
*Their* Elbows *they'd ſpare for the Sake of their Eyes.*

To dance ſometimes will not be imputed to a Lady as a Fault; but then ſhe is to remember, that the End of her learning it was, that ſhe might the better know how to move gracefully. It is only an Advantage ſo far, when it

goes beyond it, one may call it excelling in a Miſtake, which is no very great Commendation. It is better for a Woman never to dance, becauſe ſhe has no Skill in it, than to do it too often, becauſe ſhe does it well. The eaſieſt, as well as the ſafeſt, Method of doing it, is in private Company, among particular Friends, and then careleſly like a Diverſion, rather than with Solemnity, as if it was a Buſineſs, or had any thing in it to deſerve a Month's Preparation, by ſerious Conference with a Dancing Maſter.

## CHAP. XI.

### *Of* WIVES.

HAVING now conducted the Virgin to the Entrance of another State, we muſt ſhift the Scene and attend her thither alſo: And here ſhe is launched into a wide Sea, that one Relation of a Wife drawing after it many others; for as ſhe eſpouſes the Man, ſo ſhe does his Obligations alſo; and wherever he, by Ties of Nature, or Alliance, owes a Reverence or Kindneſs, ſhe is no leſs a Debtor. Her Marriage is an Adoption into his Family, and therefore ſhe is, to every Branch of it, to pay what their Stations there do reſpectively require. To define which more particularly, would be a Work of more length than profit; we ſhall, therefore, confine the preſent Conſideration to the Relation ſhe ſtands in to her Huſband, (and what is uſually concomitant with that) her Children, and

and her Servants, and ſo ſhall conſider her in the three Capacities of a Wife, a Mother, and a Miſtreſs.

In that of a Wife her Duty has ſeveral Reſpects, as it relates, *Firſt*, To his Perſon; *Secondly*, To his Reputation; *Thirdly*, To his Fortune. The firſt Debt to his Perſon is Love, which we find ſet as the prime Article in the Marriage Vow. And, indeed, that is the moſt eſſential Requiſite; without this it is only a Bargain and Compact, a Tyranny, perhaps, on the Man's Part, and a Slavery on the Woman's. It is Love only that cements the Hearts, and where that Union is wanting, it is but a Shadow, a Carcaſs of Marriage. Therefore, as it is very neceſſary to bring ſome Degree of this to this State, ſo it is no leſs to maintain and improve it in it. This is it which facilitates all other Duties of Marriage; makes the Yoke ſit ſo lightly, that it rather pleaſes than galls. It ſhould, therefore, be the Study of Wives to preſerve this Flame, that, like the Veſtal Fire, it may never go out: And to that End carefully to guard it from all thoſe things which are naturally apt to extinguiſh it; of which Kind are all Frowardneſs and little Perverſeneſs of Humour; all ſullen and moroſe Behaviour, which by taking off from the Delight and Complacency of Converſation, will, by degrees, wear off the Kindneſs.

But of all we know nothing more dangerous than that unhappy Paſſion of Jealouſy, which tho' it is ſaid to be the Child of Love, yet, like the Viper, its Birth is the certain Deſtruction of the Parent. As, therefore, they muſt be nicely careful to give their Huſbands no Colour, no leaſt Umbrage for it; ſo ſhould they be as reſolute to reſiſt all that occurs to themſelves, be ſo far from that buſy Curioſity,

Curioſity, that Induſtry to find Cauſes of Suſpicion, that even where they preſented themſelves they ſhould avert the Conſideration; put the moſt candid Conſtruction upon any doubtful Action. And, indeed, Charity in this Inſtance has not more of the Dove than of the Serpent. It is infinitely the wiſeſt Courſe, both in relation to her preſent Quiet, and her future Innocence. The entertaining a jealous Fancy, is the admitting the moſt treacherous, the moſt diſturbing Inmate in the World; and ſhe opens her Breaſt to a Fury that lets it in. 'Tis certainly one of the moſt enchanting Frenzies imaginable, keeps her always in a moſt reſtleſs importunate Search after that which ſhe dreads and abhors to find, and makes her equally miſerable when ſhe is injured and when ſhe is not.

And as ſhe totally loſes her Eaſe, ſo 'tis odds but ſhe will part alſo with ſome Degrees of her Innocence. Jealouſy is commonly attended with a black Train; it muſters all the Forces of our irafcible Part to abet its Quarrel, Wrath and Anger, Malice and Revenge; and by how much the Female Impotence to govern thoſe Paſſions is the greater, ſo much the more dangerous is it to admit that which will ſo ſurely ſet them in an Uproar. For if *Jealouſy* be, as the wiſe Man, ſays, *the Rage of a Man*, Prov. vi. 34. we may well think it may be the Fury, the Madneſs of a Woman. And, indeed, all Ages have given tragical Inſtances of it, not only in the moſt indecent Fierceneſs and Clamour, but in the ſolemn Miſchiefs of actual Revenges. Nay, it is to be doubted there have been ſome whoſe Malice has rebounded; who have ruined themſelves in Spight, have been adulterous by way of Retaliation, and taken more ſcandalous Liberties than thoſe they complained of in their Huſbands:

Huſbands: And when ſuch enormous Effects as theſe are the Iſſues of Jealouſy, it ought to keep a Woman on the ſtricteſt Guard againſt it.

But, perhaps, it may be ſaid, that ſome are not left to their Jealouſy and Conjectures, but have more demonſtrative Proofs. In this Age it is, indeed, no ſtrange thing for Men to publiſh their Sin, and the Offender does ſometimes not diſcover but boaſt his Crime. In this Caſe it will, it muſt be confeſſed, be ſcarce poſſible to diſbelieve him; but even here a Wife has this Advantage, that ſhe is out of the Pain of Suſpenſe. She knows the utmoſt, and, therefore, is at Leiſure to convert all that Induſtry which ſhe would have uſed for the Diſcovery, to fortify herſelf againſt a known Calamity; which ſure ſhe may as well do in this as in any other; a patient Submiſſion being the one Catholicon in all Diſtreſſes, and as the Slighteſt can overwhelm us if we add our own Impatience towards our ſinking, ſo the Greateſt cannot if we deny it that Aid. They are, therefore, far in the Wrong, who in caſe of this Injury, purſue their Husbands with Virulencies and Reproaches. This is, as *Solomon* ſays, *Prov.* xxv. 20. *The pouring Vinegar upon Nitre*, applying Corroſives when Balſams are moſt needed; whereby they not only increaſe their own Smart, but render the Wound incurable. They are not Thunders and Earthquakes, but ſoft gentle Rains that cloſe the Sciſſures of the Ground; and the Breaches of Wedlock will never be cemented by Storms and loud Outcries. Many Men have been made worſe but ſcarce any better by it; for Guilt covets nothing more than an Opportunity of recriminating; and where the Husband can accuſe the Wife's Bitterneſs,

Bitterneſs, he thinks he needs no other Apology for his own Luſt.

A wiſe Diſſimulation, or very calm Notice, is ſure the likelieſt Means of reclaiming; for where Men have not wholly put off Humanity, there is a native Compaſſion to a meek Sufferer. We have naturally ſome Regret to ſee a Lamb under the Knife, whereas, the impatient Roaring of a Swine diverts our Pity; ſo that Patience in this Caſe is as much the Intereſt, as Duty, of a Wife.

But there is another Inſtance wherein that Virtue has a ſeverer Trial, and that is, when a Wife lies under the cauſeleſs Jealouſies of the Husband. This is, ſure, one of the greateſt Calamities that can befal a virtuous Woman, who as ſhe accounts nothing ſo dear as her Loyalty and Honour, ſo ſhe thinks no Infelicity can equal the aſperſing of thoſe, eſpecially when it is from him, to whom ſhe has been the moſt ſollicitous to approve herſelf.

That we may the better preſcribe a Cure for this Evil, we ſhall enter into an Enquiry into the Springs and Cauſes of it.

JEALOUSY *is that Pain which a Man feels from the Apprehenſion, that he is not equally beloved by the Perſon whom he entirely loves.* Now, becauſe our inward Paſſions and Inclinations can never make themſelves viſible, it is impoſſible for a jealous Man to be thoroughly cured of his Suſpicions. His Thoughts hang at beſt in a State of Doubtfulneſs and Uncertainty; and are never capable of receiving any Satisfaction on the advantageous Side; ſo that his Inquiries are moſt ſucceſsful when they diſcover nothing: His Pleaſure ariſes from his Diſappointments, and

and his Life is ſpent in Purſuit of a Secret that deſtroys his Happineſs if he chance to find it.

An ardent Love is always a ſtrong Ingredient in this Paſſion; for the ſame Affection which ſtirs up the jealous Man's Deſires, and gives the Party beloved ſo beautiful a Figure in his Imagination, makes him believe ſhe kindles the ſame Paſſion in others, and appears as amiable to all Beholders: And as Jealouſy thus ariſes from an extraordinary Love, it is of ſo delicate a Nature, that it ſcorns to take up with any thing leſs than an equal Return of Love. Not the warmeſt Expreſſions of Affection, the ſofteſt and moſt tender Hypocriſy, are able to give any Satisfaction, where we are not perſuaded that the Affection is real and the Satisfaction mutual. For the jealous Man wiſhes himſelf a kind of Deity to the Perſon he loves: He would be the only Pleaſure of her Senſes, the Employment of her Thoughts; and is angry at every Thing ſhe admires or takes Delight in, beſides himſelf.

The jealous Man's Diſeaſe is of ſo malignant a Nature, that it converts all he takes into its own Nouriſhment. A cool Behaviour ſets him on the Rack, and is interpreted as an Inſtance of Averſion or Indifference; a fond one raiſes his Suſpicions, and looks too much like Diſſimulation and Artifice. If the Perſon he loves be cheerful, her Thoughts muſt be employed on another; and if ſad, ſhe is certainly thinking on himſelf. In ſhort, there is no Word or Geſture ſo inſignificant, but it gives him new Hints, feed his Suſpicions, and furniſhes him with freſh Matters of Diſcovery: So that if we conſider the Effects of this Paſſion, one would rather think it proceeded from an inveterate Hatred than an exceſſive Love; for certainly none can meet with

more Diſquietude and Uneaſineſs than a ſuſpected Wife, if we except the jealous Husband.

But the great Unhappineſs of this Paſſion is, that it naturally tends to alienate the Affection which it is ſo ſollicitous to engroſs; and that for theſe two Reaſons, becauſe it lays too great a Conſtraint on the Words and Actions of the ſuſpected Perſon, and at the ſame Time ſhews you have no honourable Opinion of her; both of which are ſtrong Motives to Averſion.

Nor is this the worſt Effect of Jealouſy, for it often draws after it a more fatal Train of Conſequences, and makes the Perſon you ſuſpect guilty of the very Crimes you are ſo much afraid of. It is very natural for ſuch who are treated ill and upbraided falſely, to find out an intimate Friend that will hear their Complaints, condole their Sufferings, and endeavour to ſooth and aſſwage their ſecret Reſentments: Beſides, Jealouſy puts a Woman often in Mind of an ill Thing, that ſhe would not otherwiſe, perhaps, have thought of, and fills her Imagination with ſuch an unlucky Idea, as in Time grows familiar, excites Deſire, and loſes all the Shame and Horror which might at firſt attend it. Nor is it a Wonder, if ſhe, who ſuffers wrongfully in a Man's Opinion of her, and has, therefore, nothing to forfeit in his Eſteem, reſolves to give him Reaſon for his Suſpicions, and to enjoy the Pleaſure of the Crime ſince ſhe muſt undergo the Ignominy. Such probably were the Conſiderations that directed the wiſe Man in his Advice to Husbands; *Be not jealous over the Wife of thy Boſom, and teach her not an evil Leſſon againſt thyſelf.* Eccluſ.

And here, among other Torments, which this Paſſion produces, we may uſually obſerve, that none are greater

Mourners

Mourners than jealous Men, when the Perſon who provoked their Jealouſy is taken from them. Then it is that their Love breaks out furiouſly and throws off all the Mixtures of Suſpicion which choaked and ſmothered it before. The beautiful Parts of the Character riſe uppermoſt in the jealous Husband's Memory, and upbraid him with the ill Uſage of ſo divine a Creature as was once in his Poſſeſſion; whilſt all the little Imperfections that were before ſo uneaſy to him, wear off from his Remembrance, and ſhew themſelves no more.

We may ſee by what has been ſaid, that Jealouſy takes deepeſt Root in Men of amorous Diſpoſitions; and of theſe we find three Kinds who are moſt over-run with it.

The Firſt, are thoſe who are conſcious to themſelves of any Infirmity, whether it be Weakneſs, old Age, Deformity, Ignorance, or the like. Theſe Men are ſo well acquainted with the unamiable Part of themſelves, that they have not the Confidence to think they are really beloved, and are ſo diſtruſtful of their own Merits, that all Fondneſs towards them puts them out of Countenance, and looks like a Jeſt upon their Perſons. They grow ſuſpicious on their firſt looking in a Glaſs, and are ſtung with Jealouſy at the Sight of a Wrinkle. A handſome Fellow immediately alarms them, and every thing that looks young or gay turns their Thoughts upon their Wives.

A ſecond ſort of Men, who are moſt liable to this Paſſion, are thoſe of cunning, wary, and diſtruſtful Tempers. It is a Fault very juſtly found in Hiſtories compoſed by Politicians, that they leave nothing to Chance or Humour, but are ſtill for deriving every Action from ſome Plot or Contrivance, for drawing up a perpetual Scheme of Cauſes

and Events, and preſerving a conſtant Correſpondence between the Camp and the Council-Table. And thus it happens in the Affairs of Love with Men of too refined a Thought. They put a Conſtruction on a Look, and find out a Deſign in a Smile; they give new Senſes and Significations to Words and Actions, and are ever tormenting themſelves with Fancies of their own raiſing: They generally act in a Diſguiſe themſelves, and, therefore, miſtake all outward Shews and Appearances for Hypocriſy in others; ſo that we believe no Men ſee leſs of the Truth and Reality of Things, than theſe great Refiners upon Incidents, who are ſo wonderfully ſubtle and over-wiſe in their Conceptions.

Now what theſe Men fancy they know of Women by Reflection, lewd and vicious Men believe they have learned by Experience. They have ſeen the poor Husband ſo miſled by Tricks and Artifices, and in the midſt of his Inquiries ſo loſt and bewildered in a crooked Intrigue, that they ſtill ſuſpect an under-plot in every Female Action, and eſpecially where they ſee any Reſemblance in the Behaviour of two Perſons, are apt to fancy it proceeds from the ſame Deſign in both. Theſe Men, therefore, bare hard upon the ſuſpected Party, purſue her cloſe through all her Turnings and Windings, and are too well acquainted with the Chace, to be flung off by any falſe Steps or Doubles: Beſides, their Acquaintance and Converſation has lain wholly among the vicious Part of Womenkind, and, therefore, it is no Wonder they cenſure all alike, and look upon the whole Sex as a Species of Impoſtors: But if, notwithſtanding their private Experience, they can get over theſe Prejudices, and entertain a favourable Opinion

of

of ſome Women, yet, their own looſe Deſires will ſtir up new Suſpicions from another Side, and make them believe all Men ſubject to the ſame Inclinations with themſelves.

Whether theſe or other Motives are moſt predominant, we learn from the modern Hiſtories of *America*, as well as from our own Experience in this Part of the World, that Jealouſy is no Northern Paſſion, but rages moſt in thoſe Nations that lie neareſt the Influence of the Sun. It is a Misfortune for a Woman to be born between the Tropicks, for there lie the hotteſt Regions of Jealouſy, which as you come Northward cools all along with the Climate, 'till you ſcarce meet any thing like it in the Polar Circle. Our own Nation is very temperately ſituated in this Reſpect; and if we meet with ſome few diſordered, with the Violence of this Paſſion, they are not the proper Growth of our Country, but are many Degrees nearer the Sun in their Conſtitution than in their Climate.

After this frightful Account of Jealouſy, and the Perſons who are moſt ſubject to it, it will be but fair to ſhew by what Means the Paſſion may be beſt allay'd and thoſe who are poſſeſſed with it ſet at Eaſe. Other Faults, indeed, are not under a Wife's Juriſdiction, and ſhould, if poſſible, eſcape her Obſervation; but Jealouſy calls upon her particularly, for its Cure, and deſerves all her Art and Application in the Attempt: Beſides, ſhe has this for her Encouragement, that her Endeavours will be always, pleaſing, and that ſhe will ſtill find the Affection of her Husband riſing towards her in Proportion as his Doubts and Suſpicions vaniſh; for, as we have ſeen all along, there is ſo great a Mixture of Love in Jealouſy as is well worth the ſeparating.

The

The firſt Rule we ſhall propoſe to be obſerved is, that you never ſeem to diſlike in another what the jealous Man is himſelf guilty of, or to admire any thing in which he himſelf does not excel. A jealous Man is very quick in his Applications, he knows how to find a double Edge in an Invective, and to draw a Satyr on himſelf out of a Panegyric on another. He does not trouble himſelf to conſider the Perſon, but to direct the Character; and is ſecretly pleaſed or confounded as he finds more or leſs of himſelf in it. The Commendation of any Thing in another, ſtirs up Jealouſy, as it ſhews you have a Value for others, beſides himſelf; but the Commendation of that which he himſelf wants, inflames him more, as it ſhews, that in ſome Reſpects, you prefer others before him. Jealouſy is admirably deſcribed, in this View, by *Horace*, in his Ode to *Lydia*.

*When* Telephus *his youthful Charms,*
*His roſy Neck and winding Arms,*
*With endleſs Rapture you recite,*
*And in that pleaſing Name delight;*
*My Heart inflam'd by jealous Heats,*
*With numberleſs Reſentments beats;*
*From my pale Cheek the Colour flies,*
*And all the Man within me dies:*
*By Turns my hidden Grief appears*
*In riſing Sighs and fallen Tears,*
*That ſhew, too well, the warm Deſires,*
*The ſilent, ſlow, conſuming Fires,*
*Which on my inmoſt Vitals prey,*
*And melt my very Soul away.*

The

The jealous Man is not, indeed, angry if you diſlike another, but if you find thoſe Faults which are to be found in his own Character, you diſcover not only your Diſlike of another, but of himſelf. In ſhort, he is ſo deſirous of engroſſing all your Love, that he is grieved at the want of any Charm, which he believes has Power to raiſe it; and if he finds, by your Cenſures on others, that he is not ſo agreeable in your Opinion as he might be, he naturally concludes you could love him better if he had other Qualifications, and that by Conſequence your Affection does not riſe ſo high as he thinks it ought. If, therefore, his Temper be grave or ſullen, you muſt not be too much pleaſed with a Jeſt, or tranſported with any thing that is gay and diverting. If his Beauty be none of the beſt, you muſt be a profeſſed Admirer of Prudence, or any other Quality he is Maſter of, or at leaſt vain enough to think he is.

In the next Place, you muſt be ſure to be free and open in your Converſation with him, and to let in Light upon your Actions, to unravel all your Deſigns, and diſcover every Secret however trifling or indifferent. A jealous Husband has a particular Averſion to Winks and Whiſpers, and if he does not ſee to the Bottom of every thing, will be ſure to go beyond it in his Fears and Suſpicions. He will always expect to be your chief Confident, and where he finds himſelf kept out of a Secret, will believe there is more in it than there ſhould be: And here it is of great Concern, that you preſerve the Character of your Sincerity uniform and of a-piece; for if he once finds a falſe Gloſs put upon any ſingle Action, he quickly ſuſpects all the reſt; his working Imagination immediately takes a falſe Hint, and

and runs off with it into ſeveral remote Conſequences, till he has proved very ingenious in working out his own Miſery.

If both theſe Methods fail, the beſt way will be to let him ſee you are much caſt down and afflicted for the ill Opinion he entertains of you, and the Diſquietudes he himſelf ſuffers for your Sake. There are many who take a kind of barbarous Pleaſure in the Jealouſy of thoſe who love them, that inſult over an aching Heart, and triumph in their Charms which are able to excite ſo much Uneaſineſs: But theſe often carry the Humour ſo far, till their affected Coldneſs and Indifference quite kills all the Fondneſs of a Lover, and are then ſure to meet in their Turn with all the Contempt and Scorn that is due to ſo inſolent a Behaviour. On the contrary, it is very probable a melancholy, dejected Carriage, the uſual Effects of injured Innocence, may ſoften the jealous Husband into Pity, make him ſenſible of the Wrong he does you, and work out of his Mind all thoſe Fears and Suſpicions that make both Man and Wife unhappy. At leaſt it will have this good Effect, that he will keep his Jealouſy to himſelf, and repine in private, either becauſe he is ſenſible it is a Weakneſs, and will, therefore, hide it from your Knowledge, or becauſe he will be apt to fear ſome ill Effect it may produce, in cooling your Love towards him, or diverting it to another.

There is ſtill another Secret that can never fail, if you can once get it believed, and which is often practiced by Women of great Cunning than Virtue: This is to change Sides for a while with the jealous Man, and to turn his own Paſſion upon himſelf; to take ſome Occaſion of growing jealous of him, and to follow the Example he himſelf hath

hath ſet you. This counterfeited Jealouſy will bring him a great deal of Pleaſure, if he thinks it real; for he knows, experimentally, how much Love goes along with this Paſſion, and will, beſides, feel ſomething like the Satisfaction of a Revenge, in ſeeing you undergo all his own Tortures. But this, indeed, is an Artifice ſo difficult, and at the ſame Time ſo diſingenuous, that it ought never to be put in Practice but by ſuch as have Skill enough to cover the Deceit, and Innocence to render it excuſable.

The late Marquiſs of *Halliſax*, in his curious Treatiſe, called, *Advice to a Daughter*, has made no mention how a Wife is to behave herſelf to the jealous Husband, but has given prudent Inſtructions with regard to other Sort of Men.

Women, ſaith that noble Writer, are to conſider they live in a Time that hath rendered ſome kind of Frailties ſo habitual, that they lay claim to large Grains of Allowance. The World in this is ſomewhat unequal, and the maſculine Sex ſeems to play the Tyrant in diſtinguiſhing partially for themſelves, by making that in the utmoſt Degree criminal in the Woman, which in a Man paſſes under a much gentler Cenſure. The Root and the Excuſe of this Injuſtice, is the Preſervation of Families from any Mixture which may bring a Blemiſh to them: And whilſt the Point of Honour continues to be ſo placed, it ſeems unavoidable to give the Female Sex the greater Share of the Penalty: But if in this it lies under any Diſadvantage, it is more than recompens'd, by having the Honour of Families in their Keeping. The Conſideration ſo great a Truſt muſt give the Woman, makes full Amends; and this Power the World has lodged in them, can hardly fail to reſtrain the

Severity of an ill Husband, and to improve the Kindneſs and Eſteem of a good one. This being ſo, they ſhould remember, that next to the Danger of committing the Fault themſelves, the greateſt is that of ſeeing it in their Husbands. They ſhould not ſeem to look or hear that Way: If he is a Man of Senſe, he will reclaim himſelf; the Folly of it, is of itſelf ſufficient to cure him: If he is not ſo, he will be provoked, but not reformed. To expoſtulate in theſe Caſes, looks like declaring War, and preparing Repriſals; which to a thinking Husband would be a dangerous Reflection: Beſides, it is ſo coarſe a Reaſon, which will be aſſign'd for a Lady's too great Warmth upon ſuch an Occaſion, that Modeſty, no leſs than Prudence, ought to reſtrain her: Since ſuch an indecent Complaint makes a Wife much more ridiculous, than the Injury that provoked her to it: But it is yet worſe, and more unskilful, to blaze it in the World, expecting it ſhould riſe up in Arms to take her Part: Whereas, ſhe will find, it can have no other Effect, than that ſhe will be ſerved up in all Companies, as the reigning Jeſt at that Time, and will continue to be the common Entertainment, 'till ſhe is reſcued by ſome newer Folly that comes upon the Stage, and drives her away from it. The Impertinence of ſuch Methods is ſo plain, that it does not deſerve the Pains of being laid open. In Caſes of this Kind, the Fair Sex ſhould be aſſured, that Diſcretion and Silence will be the moſt prevailing Reproof. An affected Ignorance, which is ſeldom a Virtue, is a great one here: And when a Husband ſees how unwilling a Woman is to be uneaſy, there is no ſtronger Argument to perſuade him not to be unjuſt to her: Beſides, it will naturally make him more yielding in other Things:

Things: And whether it be to cover or redeem his Offence, ſhe will have the good Effects of it while it laſts, and all that while have the moſt reaſonable Ground that can be of preſuming ſuch a Behaviour will at laſt entirely convert him. There is nothing ſo glorious to a Wife, as a Victory ſo gained: A Man ſo reclaimed is for ever after ſubjected to her Virtue; and her bearing for a Time is more than rewarded by a Triumph that will continue as long as her Life.

# CHAP. XII.

## *Of a* WIFE's BEHAVIOUR *to a* DRUNKARD.

THE next Thing we will ſuppoſe, is, that the Husband loves Wine more than is convenient. It will be granted, that though there are Vices of a deeper Dye, there are none that have a greater Deformity than this, when it is not reſtrained: But with all this, the ſame Cuſtom, which is the more to be lamented for its being ſo general, ſhould make it leſs uneaſy to every one in particular, who is to ſuffer by the Effects of it; ſo that in the firſt Place, it will be no new thing for a Woman to have a Drunkard for her Huſband; and there is, by too frequent Examples, Evidence enough that ſuch a thing may happen, and yet a Wife may live too without being miſerable. Self-Love dictates aggravating Words to every thing we feel; Ruin and Miſery are the Terms we apply to whatſoever we

do not like, forgetting the Mixture allotted to us by the Condition of human Life, by which it is not intended we ſhould be quite exempt from Trouble. It is fair, if we can eſcape ſuch a Degree of it as would oppreſs us, and enjoy ſo much of the pleaſant Part as may leſſen the ill Taſte of ſuch Things as are unwelcome to us. Every thing has two Sides, and for our own Eaſe we ought to direct our Thoughts to that which may be leaſt liable to Exception. To fall upon the worſt Side of a Drunkard, gives ſo unpleaſant a Proſpect, that it is not poſſible to dwell upon it. Let us paſs then to the more favourable Part, as far as a Wife is concerned in it.

If the Irregularities of the Expreſſion could, in Strictneſs, be juſtified, we might ſay, That a Wife is to thank God her Husband has Faults. Mark the ſeeming Paradox, for your own Inſtruction, it being intended no farther. A Husband without Faults is a dangerous Obſerver; he hath an Eye ſo piercing, and ſees every thing ſo plain, that it is expoſed to his full Cenſure. And tho' a Woman's Virtue may diſappoint the ſharpeſt Enquiries, yet few can bear to have all they ſay or do repreſented in the clear Glaſs of an Underſtanding without Faults. Nothing ſoftens the Arrogance of our Nature, like a Mixture of ſome Frailties. It is by them we are beſt told, that we muſt not ſtrike too hard upon others, becauſe we ourſelves do ſo often deſerve Blows: They pull our Rage by the Sleeve, and whiſper Gentleneſs to us in our Cenſure, even when they are rightly applied. The Faults and Paſſions of Husbands bring them down to their Wives, and make them content to live upon leſs unequal Terms, than faultleſs Men would be willing to ſtoop to; ſo haughty is Mankind till humbled by

by common Weakneſs and Defects, which in our corrupt State contribute more towards reconciling us to one another, than all the Precepts of the Philoſophers and Divines: So that where the Errors of our Nature make Amends for the Diſadvantages of the Women's, it is more their Part to make Uſe of the Benefit, than to quarrel at the Fault.

Thus in Caſe a Drunken Husband falls to a Woman's Lot, if ſhe will be wiſe and patient, his Wine ſhall be of her Side; it will throw a Veil over her Miſtakes, and will ſet out and improve every thing ſhe does, that he is pleaſed with. Others will like him leſs, and by that Means he may, perhaps, like his Wife the more. When after having dined too well, he is received at home without a Storm, or ſo much as a reproachful Look, the Wine will naturally work out all in Kindneſs, which a Wife muſt encourage, let it be wrapped up in never ſo much Impertinence. On the other Side, it would boil up into Rage, if the miſtaken Wife ſhould treat him roughly, like a certain Thing called, a kind Shrew, than which the World, with all its Plenty, cannot ſhew a more ſenſeleſs, ill-bred, forbidding Creature. A Woman ſhould conſider, that where the Man will give ſuch frequent Intermiſſions of the Uſe of his Reaſon, the Wife inſenſibly gets a Right of governing in the Vacancy, and that raiſes her Character and Credit in the Family, to a higher Pitch, than, perhaps, could be done under a ſober Husband, who never puts himſelf into an Incapacity of holding the Reins. If theſe are not entire Conſolations, at leaſt they are Remedies to ſome Degree. They cannot make Drunkenneſs a Virtue, nor a Husband given to it a Felicity; but Ladies will do themſelves no ill Office in the endeavouring, by

theſe

theſe Means, to make the beſt of ſuch a Lot, and by the help of a wiſe Obſervation, to make that very ſupportable which would otherwiſe be a Load that would oppreſs them.

The next Caſe is, the Misfortune of a Cholerick or ill-humour'd Husband. To this may be ſaid, That paſſionate Men generally make Amends at the Foot of the Account: Such a Man, if he is angry one Day without any Cauſe, will the next Day be as kind without any Reaſon: So that by marking how the Wheels of ſuch a Man's Head are uſed to move, a Woman may eaſily bring over all his Paſſions to her Party. Inſtead of being ſtruck down by his Thunder, ſhe may direct it where and upon whom ſhe ſhall think it beſt applied. Thus are the ſtrongeſt Poiſons turn'd to the beſt Remedies; but then there muſt be Art in it, and a skilful Hand, elſe the leaſt bungling makes it mortal. There is a great deal of nice Care requiſite to deal with a Man of this Complexion. Choler proceeds from Pride, and makes a Man ſo partial to himſelf, that he ſwells againſt Contradiction, and thinks he is leſſened if he is oppoſed. Women, in this Caſe, muſt take heed of increaſing the Storm, by an unwary Word, or kindling the Fire whilſt the Wind is in a Corner which may blow it in their Faces: They are dexterouſly to yield every thing till he begins to cool, and then by ſlow Degrees they may riſe, and gain upon the Man: Gentleneſs, well-timed, will, like a Charm, diſpel his Anger ill placed; a kind Smile will reclaim, when a ſhrill pettiſh Anſwer would provoke him; rather than fail, upon ſuch Occaſions, when other Remedies are too weak, a little Flattery may be admitted, which by being neceſſary, will ceaſe to be criminal.

If

If ill Humours and Sullenneſs, and not open and ſudden Heat, is his Diſeaſe, there is a Way of treating that too, ſo as to make it a Grievance to be endured. In order to it, a Woman, in the firſt Place, ought to know, that naturally good Senſe has a Mixture of Surly in it: And there being ſo much Folly in the World, and for the moſt Part ſo triumphant, it gives frequent Temptations to raiſe the Spleen of Men who think right. Therefore, that which may be generally called, ill Humour, is not always a Fault; it becomes one, when either it is wrong applied, or that it is continued too long, when it is not ſo: For this Reaſon, a Wife muſt not too haſtily fix an ill Name upon that which may, perhaps, not deſerve it; and though the Caſe ſhould be, that the Husband might too ſourly reſent any thing he diſliked, it may ſo happen, that more Blame ſhall belong to her Miſtake, than to his ill-Humour. If a Husband behaves himſelf ſometimes with an Indifference that a Wife may think offenſive, ſhe is in the wrong to put the worſt Senſe upon it, if by any Means it will admit a better. Some Wives will call it ill-Humour, if their Husbands change their Style from that which they uſed whilſt they made their firſt Addreſs to them: Others will allow no Intermiſſion or Abatement in the Expreſſions of Kindneſs to them, not enough diſtinguiſhing Times, and forgetting that it is impoſſible for Men to keep themſelves up all their Lives to the Height of ſome extravagant Moments. A Man may, at ſome Times, be leſs careful in little Things without any cold or diſobliging Reaſon for it: As a Wife may be too expecting in ſmaller Matters without drawing upon herſelf the Inference of being unkind: And if a Husband ſhould be really ſullen, and have ſuch frequent Fits,

as might take away the Excuſe of it, it concerns a Wife to have an Eye prepared to diſcern the firſt Appearances of cloudy Weather, and to watch when the Fit goes off, which ſeldom laſts long if it is let alone: But whilſt the Mind is ſore every thing galls it; and that makes it neceſſary to let the Black-Humour begin to ſpend itſelf before ſhe comes in, and ventures to undertake it.

If in the Lottery of the World a Woman ſhould draw a Covetous Husband, it muſt be confeſs'd ſhe has no great Reaſon to be proud of her good Luck; yet even ſuch a one may be endured too, though there are few Paſſions more untractable than that of Avarice. She muſt firſt take Care that her Definition of Avarice may not be a Miſtake: She is to examine every Circumſtance of her Husband's Fortune, and weigh the Reaſon of every Thing ſhe expects from him, before ſhe has Right to pronounce the Sentence. The Complaint is now ſo general againſt all Huſbands, that it gives great Suſpicion of its being often ill-grounded; it is impoſſible they ſhould all deſerve that Cenſure, and, therefore, it is certain that it is many Times miſapplied. He that ſpares in every thing is an inexcuſable Niggard: He that ſpares in nothing is an inexcuſable Madman. The Meaning is, to ſpare in what is leaſt neceſſary, to lay out more liberally in what is more required in our ſeveral Circumſtances. Yet, this will not always ſatisfy. There are Wives who are impatient of the Rules of Oeconomy, and are apt to call their Husband's Kindneſs into queſtion, if any other Meaſure is put to their Expence than that of their own Fancy. A Woman ſhould be ſure to avoid this dangerous Error, ſuch a Partiality to herſelf, which is ſo offenſive to an underſtanding Man, that he will very ill bear

bear a Wife's giving herſelf ſuch an injurious Preference to all the Family, and whatever belongs to it.

But to admit the worſt, and that the Huſband is really a cloſe handed Wretch, ſhe muſt in this, as in other Caſes, endeavour to make it leſs afflicting to her; and, firſt, ſhe muſt obſerve ſeaſonable Hours of ſpeaking, when ſhe offers any thing in Oppoſition to this reigning Humour; a third Hand and a wiſe Friend, may often prevail more than ſhe will be allowed to do in her own Cauſe. Sometimes ſhe is dextrouſly to go along with him in Things where ſhe ſees that the niggardly Part of his Mind is moſt predominant, by which ſhe will have the better Opportunity of perſuadeing him in Things where he may be more indifferent. Our Paſſions are very unequal, and are apt to be raiſed or leſſened, according as they work upon different Objects; they are not to be ſtopped or reſtrained in thoſe things where the Mind is more particularly engaged. In other Matters they are more tractable, and will ſometimes reaſon a Hearing, and admit a fair Diſpute. More than that, there are few Men, even in this Inſtance of Avarice, ſo entirely abandoned to it, that at ſome Hours, and upon ſome Occaſions, will not forget their Natures, and for that Time turn Prodigal. The ſame Man who will grudge himſelf what is neceſſary, let his Pride be raiſed and he ſhall be profuſe; at another Time his Anger ſhall have the ſame Effect; a Fit of Vanity, Ambition, and ſometimes Kindneſs, ſhall open and enlarge his narrow Mind; a Doſe of Wine will work upon this tough Humour, and for the Time diſſolve it. The Wife's Buſineſs muſt be, if this Caſe happens, to watch theſe critical Moments, and not let one of them ſlip, without making her Advantage of it:

And a Wife may be ſaid to want Skill, if by theſe Means ſhe is not able to ſecure herſelf, in a good Meaſure, againſt the Inconveniences this ſcurvy Quality in her Huſband might bring upon her, except he ſhould be ſuch an incurable Monſter, as it is to hope there are not many of.

The laſt Suppoſition, is of a Woman's meeting with a Huſband, weak and incompetent to make uſe of the Privileges that belong to him. It will be yielded, that ſuch a one leaves room for a great many Objections: But God Almighty ſeldom ſends a Grievance without a Remedy, or at leaſt, ſuch a Mitigation as takes away a great Part of the Sting and Smart of it. To make ſuch a Misfortune leſs heavy, a Wife is to bring firſt to her Obſervation, that ſhe very often makes a better Figure, for her Huſband's makeing no great one: And there ſeems to be little Reaſon, why the ſame Lady that chooſes a Waiting Woman with worſe Looks, may not be content with a Huſband with leſs Wit; the Argument being equal from the Advantage of the Compariſon. If ſhe may be more aſhamed in ſome Caſes, of ſuch a Huſband, ſhe will be leſs afraid than, perhaps, ſhe would be of a wiſe one. His unſeaſonable Weakneſs may, no doubt, ſometimes grieve her; but then ſet againſt this, that it gives her the Dominion, if ſhe will make the right Uſe of it: It is next to his being dead, in which Caſe the Wife has a Right to adminiſter, therefore, if ſhe has ſuch an Ideot, ſhe ſhould be ſure, that none, except herſelf, may have the Benefit of the Forfeiture: Such a Fool is a dangerous Beaſt, if others have the keeping of him; and ſhe muſt be very undexterous, if when her Huſband ſhall reſolve to be an Aſs, ſhe does not take care he may be her Aſs: But ſhe muſt go ſkillfully about it, and above all things take

take Heed of diſtinguiſhing in Publick what kind of Husband he is: Her inward Thoughts muſt not hinder the outward Payment of the Conſideration that is due to him: Her ſlighting him in Company, beſides that it would, to a diſcerning By-Stander, give too great Encouragement for the making nearer Applications to herſelf, is in itſelf ſuch an indecent Way of aſſuming, that it may provoke the tame Creature to break looſe, and ſhew his Dominion for his Credit, which he was content to forget for Eaſe. In ſhort, the ſureſt and moſt approved Method will be, to do like a wiſe Miniſter to an eaſy Prince, firſt give him the Orders which are afterwards to be received from him.

With all this, that which ſhe is to pray for, is a wiſe Husband; one that by knowing how to be a Maſter, for that very Reaſon will not let her feel the Weight of it; one whoſe Authority is ſo ſoftened by his Kindneſs, that it gives her Eaſe without abridging her Liberty; one that will return ſo much Tenderneſs for her juſt Eſteem of him, that ſhe will never want Power, tho' ſhe will ſeldom care to uſe it. Such a Husband is as much above all the other Kinds of them, as a rational Subjection to a Prince, great in himſelf, is to be preferred before the Diſquiet and Uneaſineſs of unlimited Liberty.

A little muſt be added to this Head, concerning a Wife's Behaviour to her Husband's Friends, which requires the moſt refined Part of her Underſtanding to acquit herſelf well of it. She is to ſtudy how to live with them, with more Care than how to apply to any other Part of Life; eſpecially at firſt, that ſhe may not ſtumble at the firſt ſetting out. The Family into which ſhe is grafted will generally be apt to expect, that like a Stranger in a Foreign

Country, ſhe ſhould conform to their Methods, and not bring in a new Model by her own Authority. The Friends, in ſuch a Caſe, are tempted to riſe up in Arms as againſt an unlawful Invaſion; ſo that ſhe is with the utmoſt Caution to avoid the leaſt Appearances of any thing of this kind. And that ſhe may, with leſs Difficulty, afterwards give her Directions, ſhe muſt be ſure, at firſt, to receive them from her Husband's Friends. Let her gain them to her by early applying to them, and they will be ſo ſatisfy'd, that as nothing is more thankful than Pride, when it is complied with, they will ſtrive which of them ſhall moſt recommend her: And when they have helped her to take root in her Husband's good Opinion, ſhe will have leſs Dependance upon theirs, tho' ſhe ought not to neglect any reaſonable Means of preſerving it. She is to conſider, that a Man governed by his Friends, is very eaſily inflamed by them; and that one who is not ſo, will, yet, for his own Sake, expect to have them conſidered. It is eaſily improved to a Point of Honour in a Husband, not to have his Relations neglected; and nothing is more dangerous, than to raiſe an Objection, which is grounded upon Pride: It is the moſt ſtubborn and laſting Paſſion we are ſubject to, and where it is the firſt Cauſe of the War, it is very hard to make a ſecure Peace. A Wife's Caution in this is of the laſt Importance to her.

And that ſhe may the better ſucceed in it, ſhe ſhould carry a ſtrict Eye upon the Impertinence of her Servants; and take heed that their ill Humour may not engage her to take Exceptions, and their too much aſſuming in ſmall Matters, raiſe Conſequences which may bring her under great Diſadvantages. She ſhould remember that in the Caſe

Caſe of a Royal Bride, thoſe about her are generally ſo far ſuſpected to bring in a Foreign Intereſt, that in moſt Countries they are inſenſibly reduced to a very ſmall Number, and thoſe of ſo low a Figure, that it does not admit the being jealous of them. In little and in the Proportion, this may be the Caſe of every new-married Woman, and, therefore, it may be more adviſeable for her, to gain the Servants ſhe finds in a Family, than to tie herſelf too faſt to thoſe ſhe carries into it.

A Woman is not to over-look theſe ſmall Reflexions, becauſe they may appear low and inconſiderable; for it may be ſaid, that as the greateſt Streams are made up of the ſmall Drops at the Head of the Springs from whence they are derived; ſo the greater Circumſtances of her Life will be in ſome degree directed by theſe ſeeming Trifles; which having the Advantage of being the firſt Acts of it, have a greater Effect than ſingly in their own Nature they could pretend to.

## CHAP. XIII.

### *Of the* HOUSE, FAMILY *and* CHILDREN.

A Woman is to lay this before her, that there are Degrees of Care to recommend her to the World in the ſeveral Parts of her Life. In many things, tho' the doing them well may raiſe her Credit and Eſteem, yet, the Omiſſion of them would draw no immediate Reproach upon

on her: In others, where her Duty is more particularly applied, the Neglect of them is amongſt thoſe Faults which are not forgiven, and will bring her under a Cenſure, which will be much a heavier thing than the Trouble ſhe would avoid. Of this Kind, is the Government of her Houſe, Family, and Children; which ſince it is the Province allotted to the Female Sex, and that the diſcharging it well, will, for that Reaſon, be expected from the Woman; if ſhe either deſert it out of Lazineſs, or manage it ill for want of Skill, inſtead of a Help ſhe will be an Incumbrance to the Family where ſhe is placed.

No Reſpect is laſting but that which is produced by our being in ſome Degree uſeful to thoſe that pay it. Where that fails, the Homage and the Reverence go along with it, and fly to others where ſomething may be expected in exchange for them: And upon this Principle the Reſpects even of the Children and the Servants will not ſtay with one that does not think them worth their Care; and the old Houſe-Keeper ſhall make a better Figure in the Family, than the Lady with all her fine Cloaths, if ſhe wilfully relinquiſhes her Title to the Government. Therefore, let her take Heed of carrying her good Breeding to ſuch a Height, as to be good for nothing, and to be proud of it. Some think it has a greater Air to be above troubleing their Thoughts with ſuch ordinary things as their Houſe and Family; others dare not admit Cares for fear they ſhould haſten Wrinkles; miſtaken Pride makes ſome think they muſt keep themſelves up, and not deſcend to theſe Duties which do not ſeem enough refined for great Ladies to be employ'd in; forgetting all this while, that it is more than

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the greateſt Princes can do, at once to preſerve Reſpect, and to neglect their Buſineſs. No Age ever erected Altars to inſignificant Gods: They had all ſome Quality applied to them to draw worſhip from Mankind; this makes it the more unreaſonable for a Lady to expect to be conſidered, and at the ſame Time reſolve not to deſerve it. Good Looks alone will not do, they are not ſuch a laſting Tenure as to be relied upon; and if they ſhould ſtay longer than they uſually do, it will by no Means be ſafe to depend upon them: For when Time has abated the Violence of the firſt liking, and that the Napp is a little worn off, tho' ſtill a good Degree of Kindneſs may remain, Men recover their Sight which before might be dazzled, and allow themſelves to object as well as to admire.

In ſuch a Caſe, when a Huſband ſees an empty airy thing ſail up and down the Houſe to no kind of Purpoſe, and look as if ſhe came thither only to make a Viſit: When he finds that after her Emptineſs has been extreme buſy about ſome very ſenſeleſs Thing, ſhe eats her Breakfaſt half an Hour before Dinner, to be at greater Liberty to afflict the Company with her Diſcourſe; then calls for her Coach, that ſhe may trouble her Acquaintance, who are already cloy'd with her; and having ſome proper Dialogues ready to diſplay her fooliſh Eloquence at the Top of the Stairs, ſhe ſets out like a Ship out of the Harbour, laden with Trifles, and comes back with them: At her Return ſhe repeats to her faithful Waiting-Woman, the Triumphs of that Day's Impertinence; then wrapped up in Flattery and clean Linnen, goes to Bed ſo ſatisfy'd, that it throws her into pleaſant Dreams of her own Felicity. Such a one is ſeldom ſerious but with her Taylor; her Children

Children and Family may now and then have a Random Thought, but ſhe never takes Aim but at ſomething very impertinent. When a Husband, whoſe Province is without Doors, and to whom the Oeconomy of the Houſe would be in ſome Degree indecent, finds no Order nor Quiet in his Family, meets with Complaints of all kinds ſpringing from this Root, the miſtaken Lady, who thinks to make Amends for all this by having a well-choſen Petticoat, will at laſt be convinced of her Error, and, with Grief, be forced to undergo the Penalties that belong to thoſe who are willfully inſignificant. When this ſcurvy Hour comes upon her, ſhe firſt grows angry; then when the Time of it is paſt, would, perhaps, grow wiſer, not remembring that we can no more have Wiſdom than Grace, whenever we think fit to call for it. There are Times and Periods fixed for both; and when they are too long neglected, the Puniſhment is, that they are irrecoverable, and nothing remaining but an uſeleſs Grief for the Folly of having thrown them out of our Power. A Woman ought to think what a mean Figure ſhe makes, when ſhe is ſo degraded by her own Fault; whereas there is nothing in thoſe Duties which are expected from her, that can be a leſſening to her, except her want of Conduct makes it ſo. She may love her Children without living in the Nurſery, and may have a competent and diſcreet Care of them, without letting it break out upon the Company, or expoſing herſelf by turning her Diſcourſe that way, which is a kind of laying Children to the Pariſh, and it can hardly be done any where, that thoſe who hear it will be ſo forgiving, as not to think they are overcharged with them. A Woman's Tenderneſs to her Children, is one of the

the leaſt deceitful Evidences of her Virtue; but yet the Way of expreſſing it, muſt be ſubject to the Rules of good Breeding: And though a Woman of Quality ought not to be leſs kind to them, than Mothers of the meaneſt Rank are to theirs, yet ſhe may diſtinguiſh herſelf in the Manner, and avoid the coarſe Methods which in Women of a lower Size might be more excuſable. She muſt begin early to make them love her, that they may obey her. This Mixture is no where more neceſſary than in Children, and a Mother is not to expect Returns of Kindneſs from them, without Grains of Allowance; and yet, it is not ſo much a Defect in their Good Nature, as a ſhortneſs of Thought in them. Their firſt Inſufficiency makes them lean ſo entirely upon their Parents for what is neceſſary, that the Habit of it makes them continue the ſame Expectations for what is unreaſonable; and as often as they are deny'd, ſo often they think they are injured: And whilſt their Reaſon's yet in the Cradle, their Anger looks no farther than the Thing they long for and cannot have; and to be diſpleaſed for their own Good, is a Maxim they are very ſlow to underſtand: So that it may be concluded, the firſt Thoughts of Children will have no ſmall Mixture of Mutiny; which being ſo natural, a Parent ſhould not be angry unleſs ſhe would increaſe it. She ſhould deny them as ſeldom as ſhe can, and when there is no avoiding it, ſhe muſt do it gently, ſhe muſt flatter away their ill-Humour, and take the next Opportunity of pleaſing them in ſome other thing, before they either aſk or look for it: This will ſtrengthen her Authority, by making it ſoft to them, and confirm their Obedience, by making it their Intereſt. A Woman ought to have as ſtrict a Guard upon herſelf a-

mongſt her Children as if ſhe was amongſt her Enemies. They are apt to make wrong Inferences, to take Encouragement from half Words, and miſapply what ſhe may ſay or do, ſo as either to leſſen their Duty, or to extend their Liberty farther than is convenient. She ſhould keep them more in Awe of her Kindneſs than of her Power: And above all, take Heed of ſupporting a favourite Child in its Impertinence, which will give Right to the reſt of claiming the ſame Privilege. If ſhe has a divided Number, let her leave the Boys to the Father's more peculiar Care, that ſhe may, with greater Juſtice, pretend to a more immediate Juriſdiction over thoſe of her own Sex. She is to live ſo with them that they may never chooſe to avoid her, except when they have offended, and then let them tremble, that they may diſtinguiſh: But their Penance muſt not continue ſo long as to grow too ſour upon their Stomachs, that it may not harden inſtead of correcting them: The kind and ſevere Part muſt have their ſeveral Turns ſeaſonably applied; but your Indulgence is to have the broader Mixture, that Love, rather than Fear, may be the Root of their Obedience.

Servants are in the next Place to be conſidered; and a Woman muſt remember not to fall into the Miſtake of thinking, that becauſe they receive Wages, and are ſo much inferior to her, therefore, they are below her Care to know how to manage them. It would be as good Reaſon for a Maſter Workman to deſpiſe the Wheels of his Engines, becauſe they are made of Wood. Theſe are the Wheels of a Family; and let her Directions be never ſo faultleſs, yet if theſe Engines ſtop or move wrong, the whole Order of her Houſe is either at a Stand, or diſcompoſed:

poſed: Beſides, the Inequality which is between her and them, muſt not make her forget, that Nature makes no ſuch Diſtinction, but that Servants may be looked upon as humble Friends, and that Returns of Kindneſs and good Uſage, are as much due to ſuch of them as deſerve it, as their Service is due to us when we require it. A fooliſh Haughtineſs in the Style of ſpeaking, or in the Manner of commanding them, is in itſelf very indecent; beſides that it begetteth an Averſion in them, of which the leaſt ill Effect to be expected is, that they will be ſlow and careleſs in all that is enjoined them: And ſhe will find it true by her Experience, that ſhe will be ſo much the more obey'd as ſhe is leſs imperious. She ſhould not be too haſty in giveing her Orders, nor too angry when they are not altogether obſerved, much leſs is ſhe to be loud, and too much diſturbed: An Evenneſs in diſtinguiſhing when they do well or ill, is that which will make her Family move by a Rule, and without Noiſe, and will the better ſet out her Skill in conducting it with Eaſe and Silence, that it may be like a well-diſciplined Army, which knows how to anticipate the Orders that are fit to be given them. A Woman is never to neglect the Duty of the preſent Hour, to do another thing, which though it may be better in itſelf, is not to be unſeaſonably preferred. She muſt allot well-choſen Hours for the Inſpection of her Family, which may be ſo diſtinguiſhed from the reſt of her Time, that the neceſſary Cares may come in their proper Place, without any Influence upon her good Humour, or Interruption to other things. By theſe Methods ſhe will put herſelf in Poſſeſſion of being valued by her Servants, and then their Obedience will naturally follow.

We muſt not forget one of the greateſt Articles belonging to a Family, which is, the Expence. It muſt not be ſuch, as by failing either in the Time or Meaſure of it, may rather draw Cenſure than gain Applauſe. If it was well examined, there is more Money given to be laugh'd at, than for any one thing in the World, tho' the Purchaſers do not think ſo. A well ſtated Rule is like the Line, when it is once paſſed, we are under another Pole; ſo the firſt ſtraying from a Rule, is a Step towards making that which was before a Virtue, to change its Nature, and to grow either into a Vice, or at leaſt an Impertinence. The Art of laying out Money wiſely, is not attained to without a great deal of Thought; and it is yet more difficult in the Caſe of a Wife, who is accountable to her Husband for her Miſtakes in it. It is not only his Money, his Credit too is at Stake, if what lies under the Wife's Care is managed, either with indecent Thrift, or too looſe Profuſion. The Woman is, therefore, to keep the Mean between theſe two Extremes; and it being hardly poſſible to hold the Balance exactly even, let it rather incline toward the liberal Side, as more ſuitable to her Quality, and leſs liable to Reproach. Of the two a little Money miſpent is ſooner recovered, than the Credit which is loſt by having it unhandſomely ſaved; and a wiſe Husband will leſs forgive a ſhameful Piece of Parſimony, than a little Extravagance, if it be not too often repeated. His Mind in this muſt be her chief Direction; and his Temper, when once known, will in a great Meaſure juſtify her Part in the Management, if he is pleaſed with it.

A Wife in her Cloaths ſhould avoid being too gaudy, and not value herſelf upon an embroidered Gown; ſhe ought

ought to remember, that a reaſonable Word, or an obliging Look will gain her more Reſpect than all her fine Trappings. This is not ſaid to reſtrain Women from a decent Compliance with the World, provided they take the wiſer and not the fooliſher Part of their Sex for their Pattern. Some Diſtinctions are to be allowed, whilſt they are well ſuited to their Quality and Fortune; and in the Diſtribution of the Expence, it ſeems that a full Attendance, and well-choſen Ornaments for her Houſe, will make a Lady a better Figure, than too much glittering in what ſhe wears, which may with more Eaſe be imitated by thoſe that are below her. Yet this muſt not tempt her to ſtarve every thing but her own Apartment, or in order to more Abundance there, give juſt Cauſe to the leaſt Servant ſhe has, to complain of the Want of what is neceſſary. Above all, let her fix it in her Mind an unchangeable Maxim, That nothing is truly fine, but what is fit, and that juſt ſo much as is proper for her Circumſtances of their ſeveral Kinds, is much finer than all ſhe can add to it. When ſhe once breaks through theſe Bounds, ſhe launches into a wide Sea of Extravagance; every thing will become neceſſary, becauſe ſhe has a mind to it, not becauſe it is fit for her but becauſe ſome-body elſe has it. This Lady's *Logic* ſets Reaſon upon its Head, by carrying the Rule from Things to Perſons, and appealing from what is right to every Fool that is in the wrong. The Word *neceſſary* is miſerably applied, it diſorders Families and overturns Government, by being ſo abuſed. Let her remember, that Children and Fools want every thing, becauſe they want Wit to diſtinguiſh; and, therefore, there is no ſtronger Evidence of a crazy Underſtanding, than the making too large a Catalogue

logue of Things neceſſary, when in Truth there are ſo very few Things that have a Right to be placed in it. Try every thing firſt in your Judgment before you allow it a Place in your Deſire; or a Husband may think it as neceſſary for him to deny, as it is for his Wife to have whatever is unreaſonable; and if ſhe ſhall too often give him that Advantage, the Habit of refuſing may, perhaps, reach to Things that are not unfit for her.

There are unthinking Ladies, who do not enough conſider, how little their own Figure agrees with the fine Things they are ſo proud of. Others when they have them, will hardly allow them to be viſible; they cannot be ſeen without Light, and that is many times ſo ſaucy and ſo prying, that like a too forward Gallant, it is to be forbid the Chamber. Some, when one is uſhered into their dark *Ruelle*, it is with ſuch Solemnity, that a Man would ſwear there was ſomething in it, till the unskillful Lady breaks Silence, and begins a Chat, which diſcovers it is a Puppet-Play, with magnificent Scenes. Many eſteem Things rather as they are hard to be gotten, than that they are worth getting: This looks as if they had an Intereſt to purſue that Maxim, becauſe a great Part of their own Value depends upon it. Truth in theſe Caſes would be often unmannerly, and might derogate from the Prerogative great Ladies would aſſume to themſelves, of being diſtinct Creatures from thoſe of their Sex, which are inferior, and of leſs difficult Acceſs.

In other Things too, the Condition of a Woman muſt give Rule to her, and, therefore, it is not a Wife's Part to aim at more than a bounded Liberality; the farther Extent of that Quality, otherwiſe to be commended, belongs

to

to the Huſband, who has better Means for it. Generoſity wrong placed becomes a Vice: It is no more a Virtue when it grows into an Inconvenience: Virtues muſt be enlarged or reſtrained according to differing Circumſtances. A Princely Mind will undo a private Family: Therefore, Things muſt be ſuited, or elſe they will not deſerve to be commended, let them in themſelves be never ſo valuable: And the Expectations of the World are beſt anſwered, when we acquit ourſelves in that Manner which ſeems to be preſcrib'd to our ſeveral Conditions, without uſurping upon thoſe Duties, which do not ſo particularly belong to us.

We will cloſe the Conſideration of this Article of Expence, with this ſhort Word, Do not fetter yourſelf with ſuch a Reſtraint in it as may make you remarkable, but remember, that Virtue is the greateſt Ornament, and good Senſe the beſt Equipage.

Never recede from the Principles of Virtute, nor regard them only as eſtabliſhed by Cuſtom; there are two Tribunals before which you muſt expect to appear, your Conſcience and the World: You may eſcape the World, but never your own Conſcience. You owe to yourſelf the Teſtimony of your Merit; however, you ſhould not abandon publick Approbation, becauſe from a Contempt of Reputation, riſes a Contempt of Virtue.

A Woman, if ſhe thought right, would know, that it is not neceſſary to be deterr'd by Laws, to oblige her to contain herſelf within the Bounds of her Duty: The Examples of thoſe who deviate from it, and the Misfortunes which immediately ſucceed, are forcible enough to put a Stop to the moſt violent Inclination: And, perhaps, there is no Woman of Gallantry whatever, but were ſhe ſincere, would

would confeſs, that the greateſt of her Misfortunes was to have forgotten her Duty.

From a Senſe of Shame, if well managed, many Advantages may be reaped. We ſpeak not of that Shame that troubles our Repoſe, without contributing to the Improvement of our Manners, but of that which prevents our doing ill, for fear of Diſhonour. This Shame is ſometimes the moſt faithful Guardian of Female Virtue: Few alaſs! are virtuous now-a-Days, for Virtue's Sake!

Great Virtues atone for a great many Defects: Supreme Valour in Men, and extreme Modeſty in Women. Every thing was pardoned in *Agrippina*, Wife of *Germanicus*, in favour of her Chaſtity: This Princeſs was ambitious and proud; but, ſays *Tacitus*, *All her Paſſions were conſecrated by her Chaſtity.*

If a Woman is ſenſible and delicate on the Score of Reputation; if ſhe fears to be attacked on the eſſential Virtues, there is a ſure Means to calm her Fears, and content her Delicacy: It is to be virtuous. Let her think of purifying her Sentiments, while they are reaſonable and full of Honour, ſhe may reſolve to be contented in herſelf; it is a certain Revenue of Pleaſures; if ſhe be truly virtuous, ſhe will not fail of being applauded.

CHAP.

# CHAP. XIV.

## *Of* WIDOWS.

THE next State that can ſucceed to that of Marriage, is Widowhood, which, tho' it ſuperſedes thoſe Duties which we terminated merely in the Perſon of the Huſband, yet, it endears thoſe which may be paid to his Aſhes. *Love is ſtrong, as Death.* Cant. viii. 6. and therefore, when it is pure and genuine, cannot be extinguiſhed by it, but burns like the Funeral-Lamps of old, even in Vaults and Charnel-Houſes. The conjugal Love tranſplanted into the Grave, as into a finer Mould, improves into Piety, and lays a kind of ſacred Obligation upon the Widow, to perform all Offices of Reſpect and Kindneſs which his Remains are capable of.

Now thoſe Remains are of three Sorts, his Body, his Memory, and his Children. The moſt proper Expreſſion of her Love to the Firſt, is in giving it an honourable Interment; we mean not ſuch as may vie with the *Poland* Extravagance, of which it is obſerved, that two or three near ſucceeding Funerals ruin the Family, but prudently proportioned to his Quality and Fortune, ſo that her Zeal to his Corpſe may not injure a nobler Relict of him, his Children: And this Decency is a much better Inſtance of her Kindneſs, than all thoſe tragical Furies wherewith ſome Women ſeem tranſported towards their dead Husbands, thoſe frantic Embraces and Careſſes of a Carcaſs, which betray a little too much the Senſuality of their Love:

And it is ſomething obſervable, that thoſe vehement Paſſions quickly exhauſt themſelves, and by a kind of ſympathetic Efficacy, as the Body (on which their Affection was fix'd) moulders, ſo doth that alſo; nay, often it attends not thoſe leiſurely Degrees of Diſſolution, but by a more precipitate Motion, ſeems rather to vaniſh than conſume.

The more valuable Kindneſs therefore, is, that to his Memory, endeavouring to embalm that, keep it from periſhing; and by this innocent Magic (as the *Egyptians* were wont by a more guilty) ſhe may converſe with the Dead, repreſent him ſo to her own Thoughts, that his Life may ſtill be repeated to her: And as in a broken Mirrour, the Refraction multiplies the Images, ſo by his Diſſolution every Hour preſents diſtinct Ideas of him; ſo that ſhe ſees him the oftner for his being hid from her Eyes: But as they uſe not to embalm without Odors, ſo ſhe is not only to preſerve, but perfume his Memory, render it as fragrant as ſhe can, not only to herſelf, but others; by reviving the Remembrance of whatever was Praiſe-worthy in him, vindicating him from all Calumnies and falſe Accuſations, and ſtifling, or allaying, even the true ones as much as ſhe can: And indeed, a Widow can no Way better provide for her own Honour, than by this Tenderneſs of her Husband's.

Yet there is another Expreſſion of it, inferior to none of the former, and that is, the ſetting ſuch a Value upon her Relation to him, as to do nothing unworthy of it. 'Twas the dying Charge of *Auguſtus* to his Wife *Livia*, *Behave thyſelf well, and remember our Marriage*: And ſhe who has been Wife to a Perſon of Honour, muſt ſo remember it, as not to do any thing below herſelf, or which he

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(could he have foreſeen it) ſhould juſtly have been aſhamed of.

The laſt Tribute ſhe can pay him, is in his Children. Theſe he leaves as his Proxies to receive the Kindneſs of which himſelf is uncapable; ſo that the Children of a Widow may claim a double Portion of the Mother's Love; one upon their native Right as her's; the other, as a Bequeſt in Right of their dead Father: And, indeed, ſince ſhe is to ſupply the Place of both Parents, it is but neceſſary ſhe ſhould put on the Affections of both, and to the Tenderneſs of a Mother, add the Care and Conduct of a Father. *Firſt*, In a ſedulous Care of their Education; and next, in a prudent Managery of their Fortunes; an Order that is ſometimes unhappily inverted, and Mothers are ſo concern'd to have the Eſtate proſper in their Tuition, that the Children cannot; whilſt (by an unſeaſonable Frugality) to ſave a little Expence, they deny them the Advantages of an ingenious and genteel Breeding: Swell their Eſtates, perhaps, to a vaſt Bulk, but ſo contract and narrow their Minds, that they know not how to diſpoſe them to any real Benefit of themſelves or others: And this is one of the moſt pernicious Parſimonies imaginable. A Mother, by this, ſeems to adopt the Fortune, and abdicate the Child, who is only made the Beaſt to bear thoſe Loads of Wealth ſhe will lay on, and which ſhe evidently owns as the greateſt Treaſure, ſince in Tenderneſs to that ſhe neglects him.

Yet ſometimes the ſame Effect ſprings from another Cauſe, and Children are ill bred, not becauſe the Mother grudges the Charge, but out of a Feminine Fondneſs, which permits her not to part with them to the proper

Places for their Education: Like *Jacob* to *Benjamin*, her Soul is ſo bound up in them, that ſhe cannot lend them a while, even, to their own moſt neceſſary Concerns: And this, tho' not ſo ignoble a Motive as the other, is of no leſs Miſchief, at leaſt, to her Sons, who being by it confined to Home, are conſequently condemned to be poiſoned, if with nothing elſe, yet, with the Flatteries of Servants and Tenants, who think thoſe the beſt Expedient to ſecure their own Station: And with theſe the young Maſter or Landlord is ſo blown up, that as if his Manors were the Confines of the World, he can look at nothing beyond them, ſo that when at laſt he breaks looſe from his Mother's Arms, and comes Abroad, he expects ſcarce to find his Equals, much leſs his Betters; thinks he is ſtill to receive the ſame fawning Adorations which he was uſed to at Home: And being poſſeſs'd with this inſolent Expectation, he will ſcarce be undeceived, but at the Price of many Affronts: Nay, perhaps, he may buy his Experience with the Loſs of his Life; by his ill Manners draw on a Quarrel, wherein he finally periſhes. That this is no impoſſible Suppoſition, ſome unhappy Mothers have found to their unſpeakable Affliction.

It is not to be denied, but there are alſo Dangers conſequent to the breeding Children Abroad, Vice having inſinuated itſelf, even, into the Places of Erudition, and having not only as many but the very ſame Academies with Virtue and Learning; ſo that the extreme Depravation of the Times new ſtates the Queſtion; and we are not to conſider which is beſt, but which is the leaſt ill-diſpoſure of Children: And in that Competition, ſure the home Education will be caſt, for there they may ſuck in all the Venom and

and nothing of the Anditote; they will not only be taught baſe things, but, as is before obſerved, by the baſeſt Tutors, ſuch as will add all the moſt ſordid Circumſtances to the improving of a Crime. Whereas, Abroad they are, firſt, not like to meet with any whoſe Intereſt it is ſo much to make them vicious: And, Secondly, they may (as ill as the World is) meet with many who may give them both Precepts and Examples of a better Kind; beſides, the Diſcipline uſed in thoſe Communities makes them know themſelves; and the various Sorts of Learning they may acquire, will not only prove uſeful Divertiſement (the want of which is the great Spring of Miſchief) but will, if rightly applied, furniſh them with ingenious and virtuous Principles, ſuch as may ſet them above all vile and ignoble Practices. So that there ſeems a Conſpiration of Motives to wreſt the Child from the reluctting Mother, and to perſuade her for a while to deny herſelf that Deſire of her Eyes, that ſo he may at laſt anſwer the more rational Deſire of her Heart.

As to the other Part of her Obligation, the managing of their Fortune, there is the ſame Rule for her as for all other Perſons that have a Truſt, *viz.* to do as for themſelves; that is, with the ſame Care and Diligence, if not a greater, as in her own peculiar Concern. We do not ſay, that ſhe ſhall confound the Property, and make it, indeed, her own, by applying it to her peculiar Uſe: A Thing which it is to be feared, is often done, eſpecially by the gayer Sort of Widows, who, to keep up their own Equipage, do ſometimes incroach upon their Son's Peculiar: And we wiſh even that (tho' bad enough) were the only Caſe wherein it were done; but 'tis ſometimes to make her a better Prize to a ſecond Huſband. She goes into another Family,

Family, and as if ſhe were a Colony ſent out by her Son, he muſt pay for the planting her there. Indeed, the oft repeating this Injury, has advanc'd it now into a Cuſtom, and the Management of the Minor's Eſtate is reckon'd on as Part of the Widow's Fortune: But it is not eaſy to ſee what there is in the Title of a Mother, that can legitimate her defrauding her Child; it rather envenoms the Crime, and adds Unnaturalneſs to Deceit. Beſides, 'tis a prepoſterous Sort of Guilt. Orphans and Widows are in Scripture link'd together as Objects of God's and good Men's Piety and of ill Men's Oppreſſion, and how ill, alas, does civil War look among Fellow Sufferers? The Widow to injure the Orphan, is like the uncooth Oppreſſion *Solomon* ſpeaks of, *Prov.* xxviii. 3. *A poor Man that oppreſſeth the Poor is like a ſweeping Rain which leaveth no Food.* Such kind of Rapines are as exceſſive in their Degree, as prodigious in their Kind: And we believe there are many Inſtances of Sons, who have ſuffered more by the Guardianſhip of their Mothers than they could probably have done by the Outrage of Strangers.

How well ſuch Mothers anſwer their Obligations to other dead Huſbands, muſt be left to their own Conſciences to diſcuſs, we ſhall only offer them theſe Steps of Gradation by which to proceed. *Firſt*, That Injuſtice of any Sort is a great Sin. *Secondly*, That when 'tis in a Matter of Truſt 'tis complicated with Treachery alſo. *Thirdly*, That of all Truſts, thoſe to the Dead have always been eſteem'd the moſt ſacred. If they can find any Allay to theſe by the two remaining Circumſtances, that 'tis the Truſt of a Huſband, and the Intereſt of a Child, we ſhall confeſs them very ſubtil Caſuiſts.

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We have hitherto ſpoke of what the Widow owes to her dead Husband; but there is alſo ſomewhat of peculiar Obligation in relation to herſelf. God, who has placed us in this World to purſue the Intereſts of a better, directs all the ſignal Acts of his Providence to that End, and intends we ſhould ſo interpret them: So that every great Change that occurs, is deſign'd either to recall us from a wrong Way, or to quicken our Pace in the Right; and a Widow may more than conjecture, that when God takes away the Mate of her Boſom, reduces her to a Solitude, he does by it found a Retreat from the lighter Jollities and Gayeties of the World, and as in Compliance with civil Cuſtom ſhe immures herſelf, ſit in Darkneſs for a while; ſo ſhe ſhould put on a more retired Temper of Mind, a more ſtrict and ſevere Behaviour; and that not to be caſt off with her Veil, but to be the conſtant Dreſs of her Widowhood. Indeed, that State as it requires a great Sobriety and Piety, ſo it affords many Advantages towards it. The Apoſtle tells us, *That ſhe who is married careth for the Things of the World, how ſhe may pleaſe her Husband.* 1 *Cor.* vii. 34. There are many things which are but the due Compliances of a Wife, which, yet, are great Avocations, and Interrupters of a ſtrict Devotion; when ſhe is manumitted from that Subjection, when ſhe has leſs of *Martha*'s *Care of ſerving*, ſhe is then at Liberty to chooſe *Mary*'s Part, *Luke* x. 42. She has her Time and her Fortune at her own Command, and conſequently may much more abound in the Works both of Piety and Charity. We find God himſelf retrench'd the Wife's Power of binding her own Soul, *Num.* xxx. Her Vows were totally inſignificant without her Husband's Confirmation; but the Widow might devote

vote herſelf to what Degree ſhe pleas'd: Her Piety has no Reſtraint from any other inconſiſtent Obligation, but may ſwell as high as it can. Thoſe Hours which were before her Husband's Right, ſeem now to devolve on God, the grand Proprietor of our Time; that Diſcourſe and free Converſe wherewith ſhe entertain'd him, ſhe may now convert into Colloquies and ſpiritual Intercourſe with her Maker; and that Love which was only human before, by the Change of its Object acquires a Sublimity, is exalted into Divine; from loyal Duty and conjugal Affection becomes the eternal Work and Happineſs of Angels, the Ardour of a Cherubim. Thus may ſhe in a higher Senſe verify *Sampſon*'s Riddle, *Judges* xiv. 14. *fetch Honey out of a Carcaſs*, make her Husband's Aſhes (like thoſe of the Heifer under the Law, *Heb.* ix. 13.) *her Purification*; his Corruption may help to put on Incorruption, and her Loſs of a temporary Comfort may inſtate her in an Eternal.

And as herſelf, ſo her Fortune may alſo be conſecrated; and, indeed, if ſhe be, that will alſo: If ſhe have made an Eſcape out of *Egypt* there ſhall not a Hoof be left behind her, *Exod.* x. 26. no Part of her Poſſeſſions will be aſſign'd to Vanity and Exceſs. She who hath really devoted herſelf to Piety, *faſted and prayed* with *Anna*, Luke ii. 37. will alſo be *full of good Works and Alms-deeds* with *Tabitha*, Acts ix. 36. Thus ſhe may be a Mother when ſhe ceaſes to bear; and tho' ſhe no more increaſe one Family, ſhe may ſupport many: And certainly, the Fertility of the Womb is not ſo valuable as this of the Bowels: Fruitfulneſs can be but a Happineſs, Compaſſion is a Virtue: Nay, indeed, it is a greater and more certain Happineſs. A Child is not brought forth but with Pangs and Anguiſh

Anguiſh, but a Work of Mercy is produced not only with Eaſe but Delight. Beſides, ſhe that bears a Child, knows not whether it may prove a Bleſſing or a Curſe, but Charity gives certain Title to a Bleſſing, and engages the moſt ſolvent Paymaſter, even God himſelf, who owns all ſuch Diſburſements as a Loan to him. *He that hath Pity upon the Poor, lendeth unto the Lord: And that which he hath given will he pay him again.* Prov. xix. 17.

There was, in the Primitive Times, an Eccleſiaſtical Order of Widows, which St. *Paul* mentions, 1 *Tim.* v. whoſe whole Miniſtry was devoted to Charity. They were indeed, of the poorer Sort, fit rather to receive than give Alms, yet, the leſs they could do with their Purſes, the more was required of their Perſons, the humbler Offices of waſhing the Saints Feet, the careful Task of bringing up Children, and a diligent Attendance on every good Work: And ſure there is parity of Reaſon, that thoſe who upon the Score of their Wealth, exempt themſelves from thoſe laborious Services, ſhould commute for it by more liberal Alms. In the Warmth and Zeal of Chriſtianity, Women of the higheſt Quality performed both Sorts of Charity, forgot their Greatneſs in their Condeſcenſions, yet aſſum'd it again in their Bounty; founded Hoſpitals, and yet with a *Labour of Love*, as the Apoſtle ſtiles it, *Heb.* vi. 10. diſdain'd not ſometimes to ſerve in them: But theſe are Examples not like to be tranſcrib'd in our Days, Greatneſs is now grown to ſuch an Unweildineſs that it cannot ſtoop, tho' to the moſt Chriſtian Offices, and yet, can as little ſoar up in any Munificent Charities; it ſtands like *Nebuchadnezzar*'s Golden Image, a vaſt Bulk only to be ador'd.

Now certainly, if any Women be qualified to avert this Reproach, it muſt be the Dowagers of great Families and Fortunes: They have none to controul their Viſits to the Sick and Afflicted, or to reſent a Diſparagement from their Humility, neither have they an Account to give of their Poſſeſſions to any but God and themſelves; to him ſure they can bring none ſo like to procure them the Eulogy of *well done thou good and faithful Servant*, Math. xxv. 21. as a Catalogue of their Alms. Nor, indeed, can they any other way diſpoſe their Fortune ſo much to their own Contentment; they may poſſibly cloy and ſatiate their Senſes, make Proviſion for the Fleſh; but that no way ſatisfies their Reaſon, much leſs their Conſcience. The Soul, which is the ſuperior Part, is quite left out in that Diſtribution; nothing is communicated to it but the Guilt of thoſe dear bought Exceſſes. The only way it has to be a Sharer in their Wealth, is by a charitable diſpenſing. The Poor are its Proxies as well as God's, and tho' in all other Reſpects we may ſay to the Soul, as the Pſalmiſt does to God, *My Goods extend not to thee*: Yet, by this way, it becomes not only a Partaker, but the chief Proprietor, and all is laid out for its Uſe. The harbouring an Out-caſt, builds it *an everlaſting Habitation.* The Cloathing the Naked, arrays in *pure white Linen*; and the Feeding the Hungry, makes it a Gueſt at the *Supper of the Lamb.* Nay, it gains not only an indefeaſible Title to theſe happy Reverſions, but it has a great deal in preſent Poſſeſſion, a huge rational Complacence in the right applying of Wealth, and doing that with it for which it was deſigned. Yet more, it gives a ſenſitive Delight, nothing being more agreeable to human Nature, than doing Good to its own Kind.

Kind. A ſeaſonable Alms leaves a greater Exultation and Tranſport in the Giver, than it can ordinarily raiſe in the Receiver; ſo exemplifying the Maxim of our Bleſſed Lord, that it is *a more bleſſed thing, than to receive*, Acts xx. 35. This, indeed, is a way to elude the ſevere Denunciation of the Apoſtle. 1 *Tim.* v. 6. *A Widow that liveth in this Pleaſure, is* not *dead whilſt ſhe liveth*; but on the contrary, ſhall live when ſhe dies; when ſhe reſigns her Breath, ſhall improve her Being; the Prayers of the Poor, like a Benign Gale, ſhall aſſiſt her Flight to the Region of Bliſs; and ſhe who has here cheriſh'd the afflicted Members, ſhall there be indiſſolubly united to their glorious Head.

And now, methinks, Widowhood, under this Aſpect, is quite transform'd, is not ſo forlorn, ſo deſolate an Eſtate as 'tis uſually eſteem'd: And would all Widows uſe but this Expedient, thus devote themſelves to Piety and Charity, it would, like the healing Tree, *Exod.* xv. 25. ſweeten theſe Waters of *Marah*, render the Condition, not only ſupportable, but pleaſant; and they would not need to make ſuch affrighted, ſuch diſadvantageous Eſcapes as many do, from it. 'Tis true, the Apoſtles Affirmation is unqueſtionable, that *the Wife, when her Huſband is dead, is at Liberty to be married to whom ſhe will*, 1 *Cor.* vii. 39. But the Advice he ſubjoins is authentic too, *ſhe is happier if ſhe ſo abide.* She that may ſolace herſelf in the Society, in the Love of her God, makes an ignoble deſcent to human Embraces; ſhe that may purchaſe Heaven with her Wealth, buys a very dear Bargain of the beſt Huſband on Earth; nay, indeed, upon a meer ſecular Account, it ſeems not very prudent to relinquiſh both Liberty and Property, to eſpouſe, at the beſt, a Subjection, but, perhaps,

a Slavery: It a little reſembles the mad Frolicks of freed Gally-Slaves, who play away their Liberty as ſoon as they regain it.

Marriage is ſo great an Adventure, once ſeems enough for the whole Life; for whether they have been proſperous or adverſe in the firſt, it does almoſt diſcourage a ſecond Attempt. She that has had a good Huſband, may be ſuppoſed to have his Idea ſo fix'd in her Heart, that it will be hard to introduce any new Form: Nay, farther, ſhe may very reaſonably doubt, that in this common Dearth of Virtue, two good Huſbands will ſcarce fall to one Woman's Share, and one will become more intolerable to her, by the Reflections ſhe will be apt to make on the Better. On the other Side, if ſhe have had a bad, the Smart, ſure, cannot but remain after the Rod is taken off; the Memory of what ſhe has ſuffered ſhould, one would think, be a competent Caution againſt new Adventures; yet, Experience ſhews us, that Women, tho' the weaker Sex, have commonly Fortitude enough to encounter and baffle all theſe Conſiderations. It is not, therefore, to be expected that many will, by any thing that hath or can be ſaid, be diverted from remarrying: And, indeed, ſhe that does not preſerve her Widowhood upon the Accounts afore-mentioned, may, perhaps, better relinquiſh it. St. *Paul*, we ſee, adviſes, that thoſe Widows who found no better Employment *than going from Houſe to Houſe*, that grew, by their Vacancy, to *be Tatlers and Buſy-bodies*, 1 *Tim.* v. 13. ſhould marry again, it being the beſt way to fix theſe wandering Planets, to find them Buſineſs of their own at Home, that ſo they may not ramble Abroad to intermeddle with that of others: And the Truth is, they that cannot brook the Retiredneſs and Gravity,

Gravity, which becomes a Widow, had better put themſelves in a State that leſs requires it; and if they reſolve not to conform their Minds to their Condition, to bring their Condition to their Minds: But in the doing that, there will be ſome Cautions very neceſſary to be obſerved. We ſhall reduce them to two, the one relating to the Time, the other to the Equality of the Match.

Firſt in reſpect of Time, common Decency requires that there be a conſiderable Interval between the parting with one Husband and the chooſing another. This has been ſo much obſerved by Nations, that were at all civiliz'd, that we find *Numa* made it a Law, that no Widow ſhould marry under 10 Months, and if any did, ſhe was to ſacrifice as for the Expiation of a Crime: And this continued in force many Ages after, inſomuch, that when upon Reaſons of State *Auguſtus* found it uſeful to marry his Siſter *Octavia* to *Antonius*, nothing leſs than a Decree of the Senate could licence the anticipating the Time; ſo jealous Obſervers were they of this Point of Civility, that they thought the whole State was concerned in the Violation. It is true we have no Law in the Caſe, but we have ſomewhat of Cuſtom, tho' it is uncertain how long it may laſt, ſince the frequent Breaches of it threaten quite to cancel it: Yet, a Woman that is tender of her Honour will ſcarce give her Example towards the reſcinding it. The Wounds of Grief are ſeldom healed by any Hand but that of Time, and, therefore, too ſudden a Cure ſhews the Hurt pierced not deep; and ſhe that can make her Mourning Veil an Optic to draw a new Lover nearer to her Sight, gives Cauſe to ſuſpect the Sables were all without.

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The next Thing conſiderable, is, the Equality of the Match. Marriage is ſo cloſe a Link, that to have it eaſy it is good to have the Parties as even proportioned as may be: And, Firſt, In reſpect of Quality and Fortune, it is to be wiſhed there ſhould be no eminent Diſproportion. Thoſe that meet moſt upon a Level, are leaſt ſubject to thoſe Upbraidings that often attend a great Deſcent of either Party. It is, therefore, no prudent Motive, by which ſome Widows are ſway'd who marry only for a great Title, who often do not meet with ſo much of Obeiſance from Strangers, as they do with Contempt from their Husband and his Relations. There have been Examples of Lords, who have uſed rich, but inferior Widows like Spunges, ſqueez'd them to fill themſelves with their Wealth, and them only with the Air of a big Name. On the other Side, for a Woman to marry very meanly too much below herſelf, is rather worſe; thoſe kind of Matches are ordinarily made in a tranſport of Paſſion, and when that abates and leaves her to ſober Reflections, ſhe will probably be ſo angry with herſelf, that ſhe will ſcarce be well pleaſed with her Husband. A State of Subjection is a little ſweetned by the Worth and Dignity of the Ruler; for as it is more honourable, ſo 'tis alſo more eaſy, the ſerviler Spirits being, of all others, the moſt imperious in Command: And, ſure, 'twill not a little grate a Woman of Honour, to think ſhe has made ſuch a one her Maſter, who, perhaps, would before have thought it a Preferment to have been her Servant: Nay, farther, ſuch Marriages have commonly an ill Reflection on the Modeſty of the Woman, it being uſually preſum'd that where the Diſtance was ſo great, as to diſcourage ſuch an Attempt on his Part, there was ſome Invitation

vitation on her's: So that upon all Accounts ſhe is very forlorn who thus diſpoſes of herſelf. Yet it is too well known ſuch Matches have oft been made, and the ſame Levity and Inconſideration may betray others to it; and, therefore, it is their Concern well to ballaſt their Minds, and to provide that their Paſſion never get the Aſcendant over their Reaſon.

Another very neceſſary Equality is, that of their Judgement as to Religion. We do not mean that they are to catechize each other, as to every minute ſpeculative Point; but that they be of the ſame Profeſſion, ſo as to join together in the Worſhip of God. It is ſure very uncomfortable that thoſe who have ſo cloſely conbined all their other Intereſts, ſhould be diſunited in the greateſt; that one Church cannot hold them, whom one Houſe, one Bed does; and that Religion which is in itſelf the moſt uniting thing, ſhould be the only Diſagreement between them. It is very true, it is often made a Compact in ſuch Matches, that neither ſhall impoſe their Opinion upon the other: Yet, it is to be doubted, that this is but ſeldom kept, unleſs it be by thoſe whoſe Careleſsneſs of all Religion abates their Zeal to any one: But where they have any Earneſtneſs in their Way, eſpecially where one Party thinks the other in a damnable Error, it will ſcarce be poſſible to refrain endeavouring to reduce them; and that Endeavour begets Diſputes, thoſe Diſputes Heats, thoſe Heats Diſguſts, and thoſe Diſguſts, perhaps, end in Averſion; ſo that at laſt their Affections grow as unreconcileable as their Opinions, and their religious Jars draw on domeſtic. Beſides, if none of theſe perſonal Debates happen, yet the Education of the Children will be Matter of Diſpute; the one Parent

rent will ſtill be countermining the other, each ſeeking to recover the other's Proſelytes: Nay, it introduces Faction into the inferior Parts of the Family too: The Servants, according to their different Perſuaſions, bandy into Leagues and Parties; ſo that it endangers, if not utterly deſtroys all Concord in Families; and all this Train of Miſchiefs ſhould, methinks, be a competent Prejudice againſt ſuch Matches.

There is yet a third Particular wherein any great Diſproportion is much to be avoided, and that is in Years. The Humours of Youth and Age differ ſo widely, that there had need be a great deal of Skill to compoſe the Diſcord into a Harmony. When a young Woman marries an old Man, there are commonly Jealouſies on the one Part, and Loathings on the other, and if there be not an eminent Degree of Diſcretion in one or both, there will be perpetual Diſagreements. But this is a Caſe that does not often happen among thoſe we now ſpeak to; for tho' the Avarice of Parents ſometimes forces Maids upon ſuch Matches, yet, Widows, who are their own Chooſers, ſeldom make ſuch Elections. The Inequality among them commonly falls on the other Side, and old Women marry young Men. Indeed, any Marriage is in ſuch, a Folly and Dotage. They who muſt ſuddenly make their Beds in the Duſt, what ſhould they think of a Nuptial Couch? And to ſuch the Anſwer of the Philoſopher is appoſite, who being demanded what was the fitteſt Time for marrying; replied, *For the Young not yet, for the Old not at all.*

But this Dotage becomes perfect Frenzy and Madneſs when they chooſe young Husbands: This is an Accumulation of Abſurdities and Contradictions. The Husband and

and the Wife are but one Perſon; and yet at once young and old, freſh and withered. It is reverſing the Decrees of Nature: And, therefore, it was no ill Anſwer which *Dionyſius* the Tyrant gave his Mother, who in her Age deſigned ſuch a Match, *That tho' by his regal Power he could diſpenſe with poſitive Laws, yet, he could not abrogate thoſe of Nature, or make it fit for her, an old Woman, to marry a young Man.* It is, indeed, an Inverſion of Seaſons, a confounding the Kalendar, making a mongrel Month of *May* in *December:* And the Conjunction proves as fatal as it is prodigious; it being ſcarce ever ſeen that ſuch a Match proves tolerably happy: And, indeed, it is not imaginable how it ſhould; for, firſt, it is to be preſumed, that ſhe who marries ſo muſt marry meanly. No young Man who does not need her Fortune will take her Perſon. For tho' ſome have the Humour to give great Rates for inanimate Antiquities, yet, none will take the Living gratis. Next, ſhe never miſſes to be hated by him ſhe marries: He looks on her as his Rack and Torment, thinks himſelf under the lingering Torture deviſed by *Mezentius*, a living Body tied to a Dead. Nor muſt ſhe think to cure this by any the little Adulteries of Art: She may buy Beauty, and, yet, can never make it her own; may paint, yet, never be fair. 'Tis like enameling a mud Wall, the Coarſeneſs of the Ground will ſpoil the Varniſh; and the greateſt Exquiſitneſs of Dreſs, ſerves but to illuſtrate her native Blemiſhes. So that all ſhe gains by this, is, to make him ſcorn as well as abhor her.

Indeed, there is nothing can be more ridiculous, than an old Woman gaily ſet out; and it was not unaptly ſaid of *Diogenes* to ſuch a one, *If this Decking be for the Living,*

*you are deceived; if for the Dead, make Haſte to them:* And, without Doubt, many young Huſbands will be ready to ſay as much: Nay, becauſe Death comes not quick enough to part them, there are few have Patience to attend its loitering Pace: The Man bids adieu to the Wife tho' not to her Fortune, takes that to maintain his Luxuries elſewhere, allows her ſome little Annuity, and makes her a Penſioner to her own Eſtate: So that he has his Deſign, but ſhe none of her's: He married her Fortune, and he has it; ſhe for his Perſon, and has it not: And which is worſe, buys her Defeat with the Loſs of all, he commonly leaving her as empty of Money as he found her of Wit.

And truly this is a Condition deplorable enough, and, yet, uſually fails, even, of that Comfort which is the laſt Reſerve of the Miſerable, *viz.* Pity. It is the wiſe Man's Queſtion, *Eccluſ.* xii. 13. *Who will pity a Charmer that is bitten with a Serpent?* He might have preſumed leſs on his Skill, and kept himſelf at a ſafer Diſtance: And, ſure, the like may be ſaid of her. Alaſs! what are her feeble Charms, that ſhe ſhould expect by them to fix the giddy Appetites of Youth? and ſince ſhe could ſo preſume without Senſe, none will regret that ſhe ſhould be convinced by Smart: Beſides, this is a Caſe wherein there have been a Multitude of unhappy Precedents which might have cautioned her. He that accidentally falls down an undiſcovered Precipice is compaſſionated for his Diſaſter; but he that ſtands a great while on the Brink of it, looks down and ſees the Bottom ſtrewed with the mangled Carcaſſes of many that have thence fallen; if he ſhall deliberately caſt himſelf into their Company, the Blame quite exſtinguiſhes the Pity; he may aſtoniſh, but not melt the Beholders: And, truly,

truly, ſhe who caſts herſelf away in ſuch a Match, betrays not leſs, but more Wilfulneſs. How many Ruins of unhappy Women preſent themſelves to her, like the Wrecks of old Veſſels, all ſplit upon this Rock? And if ſhe will needs ſteer her Courſe purpoſely to do the ſame, none ought to grudge her the Shipwreck ſhe ſo courts.

Nor has ſhe only this negative Diſcomfort to be depriv'd of Pity, but ſhe is loaded with Cenſures and Reproach. The World is apt enough to malicious Errors, to fix Blame where there is none, but 'tis ſeldom guilty of the Charitative, does not overlook the ſmalleſt Appearance of Evil, but generally puts the worſt Conſtruction on any Act that it will, with any Probability, bear; and according to that Meaſure Women in this Condition can expect no very mild Deſcants on them. Indeed, ſuch Matches are ſo deſtitute of any rational Plea, that 'tis hard to derive them from any other Motive than the Senſitive. What the common Conjectures are in that Caſe, is as needleſs as it is unhandſome to declare: We will not ſay how true they are, but if they be, it adds another Reaſon to the former, why ſuch Marriages are ſo improſperous. All Diſtortions in Nature are uſually ominous; and, ſure, ſuch preternatural Heats in Age, may very well be reckon'd as diſmal Preſages, and very certain ones too, ſince they create the Ruin they foretel. And truly, 'tis not only juſt, but convenient, that ſuch Motives ſhould be attended with ſuch Conſequences; that the Bitterneſs of the one may occaſion ſome Reflection on the Sordidneſs of the other. It is but kindly, that ſuch an Alhallontide Spring ſhould meet with Froſts, and the Unpleaſantneſs of the Event chaſtiſe the Uglineſs of the Deſign; and, therefore, we think thoſe

who are conſcious of the one, ſhould be very thankful for the other, think it God's Diſcipline to bring them again to their Wits, and not repine at that Smart which themſelves have made neceſſary.

And now we wiſh all the ancienter Widows, would ſeriouſly weigh how much it is their Intereſt not to ſever thoſe two Epithets; that of Ancient they cannot put off, it daily grows upon them; and that of Widow is, ſure, a more proportionaable Adjunct to it, than that of Wife; eſpecially when it is to one to whom her Age might have made her Mother. There is a Veneration due to Age, if it be ſuch as diſowns not itſelf: *The hoary Head*, ſays *Solomon, is a Crown of Glory, if it be found in the Way of Righteouſneſs*, *Prov.* xvi. 31. but when it will mix itſelf with Youth, it is diſclaimed by both, becomes the Shame of the Old, and the Scorn of the Young. What a ſtrange Fury is it then which poſſeſſes ſuch Women, that when they may diſpoſe their Fortunesto thoſe advantageous Deſigns before-mentioned, they ſhould only buy with them, ſo indecent, ſo ridiculous a Slavery? that when they may keep up the Reputation of Modeſty and Prudence, they ſhould expoſe themſelves to an univerſal Contempt for the want of both; and that they who might have had a Reverence, put themſelves, even, out of the Capacity of bare Compaſſion.

This is ſo high a Frenzy, as, ſure, cannot happen in an Inſtant; it muſt have ſome preparatory Degrees, ſome rooting in the Conſtitution and Habit of the Mind. Such Widows have, ſure, ſome lightneſs of Humour, before they can be ſo giddy in their Brains, and, therefore, thoſe that will ſecure themſelves from the Effect, muſt ſubſtract

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the Cauſe; If they will ſtill be wiſhing themſelves young, 'tis Odds, but within a while they will perſuade themſelves they are ſo. Let them, therefore, content themſelves to be old, and as Faſhions are varied with Times, ſo let them put on the Ornaments proper to their Seaſon, which are, Piety, Gravity, and Prudence. Theſe will not only be their Ornament, but their Armour too; this will gain them ſuch a Reverence, that will make it as improbable they ſhould be aſſaulted, as impoſſible they ſhould aſſault. For, we think, one may ſafely ſay, It is the want of one, or all of thoſe, which betrays Women to ſuch Marriages.

And, indeed, it may be a Matter of Caution, even to the younger Widows, not to let themſelves too much looſe to a light frolick Humour, which, perhaps, they will not be able to put off when it is moſt neceſſary they ſhould. It will not much invite a ſober Man to marry them while they are young; and if it continue with them 'till they are old, it may, as natural Motions uſe, grow more violent towards its End: And precipitate them into that ruinous Folly we have before conſidered. Yet, ſhould they happen to eſcape that, ſhould it not force them from their Widowhood, it will, ſure, very ill agree with it; for how prepoſterous is it for an old Woman to delight in Gauds and Trifles, ſuch as were fitter to entertain her Grand-Children? to read Romances with Spectacles, and be at Maſks and Dancings, when ſhe is fit only to act the Antics? Theſe are Contradictions to Nature, the tearing off her Marks, and where ſhe has writ fifty or ſixty, to leſſen, beyond the Proportion of the unjuſt Steward, and write ſixteen: And thoſe who thus manage their Widowhood, have more Reaſon

ſon to bewail it at laſt than at firſt, as having more experimentally found the Miſchief of being left to their own Guidance. It will, therefore, concern them all to put themſelves under a ſafer Conduct, by an aſſiduous Devotion to render themſelves up to the leading of the one infallible Guide, who, if he be not *a Covering of the Eyes*, *Gen.* xx. 16. to preclude all ſecond Choices, may, yet, be *a Light to them* for diſcerning who are fit to be choſen; that if they ſee fit to uſe their Liberty and marry, they may, yet, take the Apoſtle's Reſtriction with it, 1 *Cor.* vii. 39. that *it be only in the Lord*; upon ſuch ſober Motives, and with ſuch due Circumſtances as may approve it to him, and render it capable of his Benediction.

We have now gone thro' the ſeveral Parts of the Method propoſed. The Firſt has preſented thoſe Qualifications which are equally neceſſary to every Woman. Theſe as a Root, ſend Sap and Vigour to the diſtinct Branches, animate and impregnate the ſeveral ſucceſſive States thro' which ſhe is to paſs. He that hath pure Ore or Bullion, may caſt it into what Form beſt fits his Uſe; nay, may tranſlate it from one to another; and ſhe who has that Mine of Virtues, may furniſh out any Condition; her being good in an abſolute Conſideration, will certainly make her ſo in a Relative. On the other Side, ſhe who has not ſuch a Stock, cannot keep up the Honour of any State; like corrupted Liquor, empty it from one Veſſel to another, it ſtill infects and contaminates all. And this is the Cauſe that Women are alike complained of under all Forms, becauſe ſo many want this fundamental Virtue: Were there more

more good Women, there would be more modeſt Virgins, loyal and obedient Wives, and ſober Widows.

We muſt, therefore, intreat thoſe who will look on this Book, not only to ſingle out that Part which bears their own Inſcription, but that they think themſelves no leſs concerned in that which relates indefinitely to their Sex; endeavour to poſſeſs themſelves of thoſe Excellencies, which ſhould be as univerſal as their Kind: And when they are ſo ſtor'd with Matter, they may leave Providence to diverſify the Shape, and to aſſign them their Scene of Action.

And now, would to God it were as eaſy to perſuade, as it is to propoſe, and that this Diſcourſe may not be taken only as a Gazette for its Newneſs, and diſcarded as ſoon as read; but that it may at leaſt advance to the Honour of an Almanack, be allowed one Year ere it be out of Date; and in that Time, if frequently and ſeriouſly conſulted, it may, perhaps awaken ſome Ladies from their ſtupid Dreams, convince them, that they were ſent into the World for nobler Purpoſes, than only to make a little glittering in it, like a Comet, to give a Blaze, and then diſappear: And, truly, if it may operate but ſo far as to give them an effective Senſe of that, we ſhall think it has done them a conſiderable Service. They may, for certain, from that Principle, deduce all neceſſary Conſequences, and we wiſh they would but take the Pains to draw the Corollaries; for thoſe Inductions they make to themſelves, would be much more efficacious than thoſe which are drawn to their Hands. Propriety is a great Endearment: We love to be Proſelytes to ourſelves; and People oft reſiſt others Reaſons, who would, upon mere Partiality, pay Reverence to their own.

But

But beſides this, there would be another Advantage, if they could be but got to a Cuſtom of conſidering, by it they might inſenſibly undermine the grand Inſtrument of their Ruin. That careleſs Incogitancy, ſo remarkably frequent among all, and not leaſt among Perſons of Quality, is the Source of innumerable Miſchiefs; 'tis the *Delilah*, that at once lulls and betrays them; it keeps them in a perpetual Sleep, binds up their Faculties, ſo that, tho' they are not extinct, yet they become uſeleſs. *Plato* uſed to ſay, *That a Man aſleep was good for nothing*; and 'tis certainly no leſs true of this Moral Drowſineſs than the Natural: And as in Sleep the Fancy only is in motion, ſo theſe inconſiderate Perſons do rather dream than diſcourſe, entertain little trifling Images of Things which are preſented by their Senſes, but know not how to converſe with their Reaſon. So that in this drowſy State, all Temptations come on them with the ſame Advantage, with that of a *Thief in the Night*; a Phraſe by which the Scripture expreſſes the moſt inevitable unforeſeen Danger, 1 *Theſſ.* v. 2. We read in *Judges*, how eaſily *Laiſh* became a Prey to a handful of Men, merely becauſe of this ſupine negligent Humour of the Inhabitants, which had cut them off from all Intercourſe with any whom might have ſuccour'd them: And certainly it gives no leſs Opportunity to our ſpiritual Aſſailants, leaves us naked and unguarded to receive all their Impreſſions. How prodigious a thing is it then, that this State of Dulneſs and Danger ſhould be effectedly choſen? yet we ſee it too often is, even by thoſe whoſe Qualities and Education fit them for more ingenious Elections; nay, which is yet more Riddle, that very Aptneſs diſenables, and ſets them above what it prepares them for.

for. Labour is looked on as utterly incompatible with Greatneſs, and Conſideration is look'd on as Labour of the Mind; and there are ſome Ladies who ſeem to reckon it as a Prerogative to be exempted from both; will no more apply their Underſtandings to any ſerious Diſcuſſion, than their Hands to the Spindle and Diſtaff, the one they think pedantick, as the other is mean. In the mean time, by what ſtrange Meaſures do they proceed? they look on Ideots as the moſt deplorable of Creatures, becauſe they want Reaſon; and, yet, make it their own Excellence and Preheminence to want the Uſe of it; which is, indeed, ſo much worſe than to want the thing, as Sloth is worſe than Poverty, a moral Defect than a natural: But we may ſee by this, how much civil and ſacred Eſtimates differ; for we find the *Bereans* commended, not only as more diligent, but as more noble too, *Acts* xvii. 11. becauſe they attentively *conſidered* and ſtrictly examin'd the *Doctrine preach'd to them:* By which they may diſcern, that in God's Court of Honour, a ſtupid Oſcitancy is no ennobling Quality, however it comes to be thought ſo in theirs.

And if this one Point might be gain'd, if they would but ſo far actuate their Reaſon, as deliberately and duly to weigh their Intereſt, they would find that ſo ſtrictly engaging them to all that is virtuous, that they muſt have a very invincible Reſolution for Ruin if that cannot perſuade them: And, we hope, all Women are not *Medeas*, whom the Poet brings in avowing the Horridneſs of that Fact, which, yet, ſhe reſolv'd to execute. They are generally rather timorous and apt to ſtart at the Apprehenſion of Danger; let them but ſee a Serpent, tho' at a great Diſtance, they will need no Homilies or Lectures to be per-

ſuaded to fly it: And, ſure, did they but clearly diſcern what a Sting there is in thoſe vicious Follies they embrace, their Fear would make them quit their Hold, put them in ſuch a trembling, as would, like that of *Belſhazzar*'s, ſlacken their Joints, and make thoſe things drop from them, which before they moſt tenaciouſly graſped. For, indeed, in Sin there is a Conſpiration of all that can be dreadful to a rational Being, ſo that one may give its Compendium by the very Reverſe of that which the Apoſtle gives of Godlineſs, 1 *Tim.* iv. 8. for as the one *has the Promiſes*, ſo the other has the Curſes *of this Life, and of that to come.*

In this Life, every depraved Act, much more Habit, has a black Shadow attending it: It caſts one inwards upon the Conſcience in uncomfortable Upbraidings and Regrets. It is true, indeed, ſome have the Art to diſguiſe that to themſelves by caſting a yet darker over it, ſuppreſſing all thoſe Reluctings by an induſtrious Stupefaction, making their Souls ſo perfect Night, that they cannot ſee thoſe black Images their Conſciences repreſent: But as this renders their Condition but the more wretched, ſo neither can they blind others tho' they do themſelves. Vice caſts a dark Shadow outwards too, not ſuch as may conceal, but betray itſelf: And as the Evening Shadows increaſe in Dimenſion, grow to a Monſtroſity and Diſproportion, ſo the longer any ill Habit is continued, the more viſible, the more deform'd it appears, draws more Obſervation and more Cenſure.

'Twere, indeed, endleſs to reckon up the temporal Evils to which it expoſes its Votaries. Immodeſty deſtroys their Fame, a vain Prodigality their Fortune, Anger makes

them

them mad, Pride hateful, Levity renders them deſpis'd, Obſtinacy deſperate, and Irreligion is a Complication of all theſe, fills up their Meaſure both of Guilt and Wretchedneſs. So that had Virtue no other Advocate, her very Antagoniſt would plead for her; the miſerable Conſequences of Vice, would, like the Flames of *Sodom*, ſend all conſidering Perſons to that little Zoar, which how deſpicable ſoever it may have appeared before, cannot but look invitingly when Safety is inſcrib'd on its Gates.

But it muſt infinitely more do ſo if they pleaſe to open a Viſto into the other World, make uſe of divine Perſpectives to diſcern thoſe diſtant Objects which their groſſer Senſes do here intercept. There they may ſee the diſmal Cataſtrophe of their Comedies, the miſerable Inverſion of all unlawful or unbounded Pleaſures: There that prophetic Menace concerning *Babylon*, which we find *Rev.* xviii. 7. will be literally verified upon every unhappy Soul, *according as ſhe exalted herſelf and lived delicately, ſo much the more Tribulation give her:* The Torment of that Life will bear Proportion to the Pride and Luxuries of this. It will, therefore, be neceſſary for thoſe who here wallow in Pleaſures, to confront to them the Remembrance of thoſe Rivers of Brimſtone, and ask themſelves the Prophet's Queſtion, *Who can dwell with everlaſting Burnings?* We find *Iſaiah*, when he denounces but temporal Judgments againſt the Daughters of *Zion*, exactly purſues the Antitheſis, and to every Part of their effeminate Delicacy he oppoſes the direct contrary Hardſhip, inſtead of *ſweet Smells there ſhall be a Stink*; *inſtead of a Girdle a Rent*; *inſtead of a well ſet Hair Baldneſs*; *inſtead of a Stomacher a Girding with Sackcloth, and Burning inſtead of Beauty.* Iſaiah iii. 24.

It were well the Daughters of our *Zion* would copy out this Lecture, and prudently foreſee how every particular Sin or Vanity of theirs will have its adapted Puniſhment in another World: And, ſure, this Conſideration well digeſted, muſt needs be a forcible Expedient to cleanſe them from all *Filthineſs of Fleſh and Spirit*, as the Apoſtle ſpeaks 2 *Cor.* vii. 1. For is it poſſible for her to cheriſh and blow up her bidinous Flames here, who conſiders them but as the firſt Kindlings of thoſe inextinguiſhable ones hereafter? Can ſhe make it her Study to pleaſe her Appetite, that remembers that *Dives*'s unintermitted Feaſts ends in as unallaiable a Thirſt? Or can ſhe deny the Crumbs of her Table to that *Lazarus*, to whom ſhe foreſees ſhe ſhall then ſupplicate for a Drop of Water? In fine, can ſhe lay out her whole Induſtry, her Fortune, nay, her Ingenuity too, in making Proviſion for the Fleſh, who conſiders, that that Fleſh will more corrupt by pampering, and breed the Worm that never dies? Certainly no Woman can be ſo deſperately daring, as thus to attack Damnation, reſiſt her Reaſon and her Senſe, only that ſhe may ruin her Soul; and unleſs ſhe can do all this, her Foreſight will prove her Eſcape, and her viewing the bottomleſs Pit in Landskip and Picture, will ſecure her from a real Deſcent into it.

But now that this Tract may not make its Exit in the Shape of a Fury, bring the Meditations to Hell and there leave them, it muſt now at laſt ſhift the Scene, and as it has ſhew'd the Blackneſs of Vice by that outer Darkneſs to which it leads, we alſo will let in a Beam of the celeſtial Light to diſcover the Beauty of Virtue; remind the Reader that there is a Region of Joy as well as a Place of Torment, and Piety and Virtue is that milky Way that leads

to

to it; a State, compared to which the Elyſium of the Heathen is as inconſiderable as it is fictitious, the Mahometan Paradiſe as flat and as inſipid as it is groſs and brutiſh; where the Undertaking of the Pſalmiſt ſhall be completely anſwered, *thoſe that fear the Lord ſhall want no Manner of thing that is good*, Pſalm. xxxiv. 10. And this happy State is as acceſſible as excellent. God is not unſincere in his Propoſals, offers not theſe Glories only to tantalize and abuſe us, but to animate and encourage Mankind. He ſets up an inviting Prize, and not only marks out, but levels the Way to it; makes that our Duty which is alſo our Pleaſure, yea, and our Honour too. So has he contrived for our Eaſe, that knowing how hardly we can diveſt our Voluptuouſneſs and Ambition, he puts us not to it: All he demands is but that he may chooſe the Objects, and in that he is yet more obliging, for by that at once he refines and ſatisfies the Deſires: He takes us off, indeed, from the fulſome Pleaſures of Senſe, which, by their Groſſneſs, may cloy, yet, by Reaſon of their Emptineſs, can never fill us; and brings us to taſte the more pure ſpiritual Delights which are the true Elixir of Pleaſures, in Compariſon whereof all the Senſual are but as Dregs or Fæces in an Extraction, after the Spirits are drawn off. In like Manner he calls us from an aſpiring to thoſe Pinnacles of Honour, where we always ſit tottering and often fall down, but, yet, invites us to ſoar higher, where we ſhall have the *Moon* with all her Viciſſitudes and Changes *under our Feet*. *Rev.* xii. 1. and enjoy a Grandeur as irreverſible as ſplendid.

Thus does he ſhew us a Way to hallow our moſt unſanctified Affections; thus, according to the Propheſy of *Zechariah*, *May Holineſs be writ, even, upon the Bells of the Horſes*,

*Horſes*, *Zec.* xiv. 20. upon our moſt brutal Inclinations; and thus may all thoſe Feminine Paſſions which now ſeduce Women from Virtue, advance them in it. Let her that is amorous, place her Love upon him who is (as the Spouſe tells us, *Cant.* v. 10.) *the chiefeſt among ten thouſand*; ſhe that is angry, turn her Edge againſt her Sins; ſhe that is haughty, diſdain the Devil's Drudgery; ſhe that is fearful, dread him who *can deſtroy both Body and Soul in Hell*, *Matt.* v. 29. and ſhe that is ſad, reſerve her Tears for her penitential Offices. Thus may they conſecrate even their Infirmities; and tho' they cannot deify, or erect Temples to them, as the *Romans* did to their Paſſions, nay, their Diſeaſes; yet, after they are thus cleanſed, they may ſacrifice them as the *Jews* did the clean Beaſts in the Tabernacle. Only Irreligion and Profaneneſs is exempt from this Privilege, no Water of Purification can cleanſe it, or make it ſerviceable in the Temple, that like the Spoils of *Jericho*, is ſo execrable, that it muſt be devoted to Deſtruction, as *an accurſed thing*, *Joſ.* vi. 17. For tho' God does not deſpiſe the Work o his own Hands, hath ſo much Kindneſs to his Creatures, that he endeavours to reduce all our native Inclinations to their primitive Rectitude, and, therefore, does not aboliſh, but purify them; yet, Atheiſm is none of thoſe, it is a Counterblaſt from Hell, in Oppoſition to that mighty Wind in which the holy Spirit deſcended. Tho' the Subject in which it ſubſiſts may be reformed, the Perſon may turn Chriſtian, and the Wit that maintained its blaſphemous Paradoxes may be converted to holier Uſes, yet the Quality itſelf is capable of no ſuch happy Metamorphoſis; that muſt be extirpated, for it cannot be made tributary: Which ſhews how tranſcendent an

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Ill that is which cannot be converted to Good, even that Omnipotence which can, out of the very Stones, raiſe Children to *Abraham*, attempts not any Tranſmutation of this; which ought, therefore, to poſſeſs all Hearts with a Deteſtation of it, and advance them in an earneſt Purſuit of all the Parts of Piety.

And that is it which we would now once more, as a farewel Exhortation, commend to our Female Readers, as that which virtually contains all other Accompliſhments; it is that Pearl in the Goſpel for which they may part with all and make a good Bargain too. *The Fear of the Lord is the Beginning of Wiſdom*, ſays the Wiſeſt of Men, *Prov.* i. 7. and by his Experience he ſhews, that it is the completing End of it too; for he no ſooner declin'd from that, but he grew to Dotage and Diſhonour. Let all thoſe, therefore, to whom God has diſpenſed an outward Affluence, and given them a viſible Splendour in the Eyes of the World, be careful to ſecure themſelves *that Honour which comes from God only*, John v. 44. unite their Souls to that Supreme Majeſty who is the Fountain of true Honour; who, in his beſtowing the Crown of Righteouſneſs, proceeds by the ſame Meaſures by which he diſpos'd the Crown of *Iſrael*, when he avow'd to *Samuel*, that he *look'd not on the outward Appearance but beheld the Heart*, 1 Sam. xvi. 7. If God ſee not his own Image there, all the Beauty and Gaiety of the outward Form is deſpicable in his Eyes, like the Apples of *Sodom*, only a kind of painted Duſt: But if Piety be firmly rooted there, they then become, like the King's Daughter, all glorious within too; a much more valuable Bravery than the *Garment of Needle Work and Veſture of Gold*, Pſalm xlv. 14. And this is it that muſt enter

enter them into the King's Palace, into that *new Jeruſalem*, where they ſhall not wear, but inhabit *Pearls* and *Gems*, *Rev.* xxi. 19. be beautiful without the Help of Art or Nature, by the meer Reflexion of the divine Brightneſs; be all that their then enlarg'd Comprehenſions can wiſh, and infinitely more than they can here imagine.

Having now ſaid all that we think ſufficient for the Inſtruction of our Fair Readers, for their Religious and Moral Behaviour, we ſhall proceed, according to Promiſe, to give them Directions in all Parts of GOOD HOUSEWIFRY, and begin with Rules to be obſerved in the Art of COOKERY and a Collection of Receipts, which we propoſe to make the fulleſt and moſt complete of any ever yet publiſhed.

CHAP.

# CHAP. XV.

# COOKERY.

## *Of* GRAVIES, SOOPS, BROTHS *and* POTTAGES.

### *To make a ſtrong* Broth *for* Soops *and* Sauces.

TAKE a Leg of Beef, or any other Piece, a pretty good Quantity, and boil it in four Gallons of Water; ſcum it clean, ſeaſon it with Salt, ſome whole Pepper, ſix or eight Onions, ſome whole Cloves and Mace, a good Bundle of Thyme and Parſley, ſome whole *Jamaica* Pepper, and boil it four Hours 'till it has boiled half away, then ſtrain it off, and keep it for Uſe.

### *To make a* Brown Gravy *for* Soops *and* Sauces

TAKE three or four Pounds of coarſe lean Beef, and put it into a Frying-pan with ſome fat Bits of Bacon at the Bottom, and cut five or ſix Onions in Slices, and a Carrot cut in Pieces, ſome Cruſts of brown Bread, and a Bundle of Thyme, cover it cloſe and ſet it over a gentle Fire, and let it fry very brown on both Sides, but not burn, then put into it two or three Quarts of the above ſtrong Broth; ſeaſon it with Pepper, and let it ſtew one Hour, and then ſtrain it through a Hair-Sieve; ſcum off

the Fat, and keep it for Uſe: And if you make for Soops, you make a bigger Quantity.

### Gravy *for Brown* Sauces.

TAKE ſome Neck of Beef cut in thick Slices, then flour it well, and put it in a Sauce-Pan with a Slice of fat Bacon, an Onion ſliced, ſome Powder of Sweet Marjoram, ſome Pepper and Salt, cover it cloſe and put it over a ſlow Fire, and ſtir it three or four Times, and when the Gravy is brown put ſome Water to it, and ſtir altogether, and let it boil about half an Hour, then ſtrain it off and take the Fat off the Top, adding a little Lemon-juice.

### Gravy *for White* Sauces.

TAKE Part of a Knuckle of Veal, or the worſt Part of a Neck of Veal, boil about a Pound of this in a Quart of Water, an Onion, ſome whole Pepper, ſix Cloves, a little Salt, a Bunch of Sweet Herbs, half a Nutmeg ſliced, let it boil an Hour, then ſtrain it off and keep it for Uſe.

### *A cheap* Gravy.

TAKE a Glaſs of Small Beer, a Glaſs of Water, an Onion cut ſmall, ſome Pepper and Salt, a little Lemon-Peel grated, a Clove or two, a Spoonful of Muſhroom Liquor, or pickled Walnut Liquor; put this in a Baſon, then take a Piece of Butter, and put it in a Sauce-pan, then put it on the Fire and let it melt; then druge in ſome Flour, and ſtir it well 'till the Froth ſinks and it will be brown; put in ſome ſliced Onion, then put your Mixture to the Brown Butter, and give it a Boil up.

*A Fiſh*

## *A Fiſh* Gravy *for* Soop.

TAKE Tench, or Eels, well ſcoured from Mud, and ſcour their Outſides well with Salt, then having pull-ed out their Gills, put them into a Kettle with Water, Salt, a Bunch of Sweet Herbs, and an Onion ſtuck with Cloves; let all theſe boil an Hour and a half, and then ſtrain off the Liquor through a Cloth; add to this the Peelings of Muſhrooms well waſhed, or Muſhrooms them-ſelves cut ſmall; boil theſe together, and ſtrain the Li-quor through a Sieve into a Stew-pan, upon ſome burnt or fryed Flour, and a little Lemon which will ſoon render it of a good Colour and of a fine Flavour fit for Soops, which may be varied according to the Palate, by putting Pot Herbs and Spices, according to every one's Palate, into this Soop, a little before you ſerve it.

## *A good* Stock *for* Fiſh-Soops.

PREPARE Scate, Flounders, Eels and Whitings, lay them in a broad Gravy-pan, put in a Faggot of Thyme, Parſley, and Onions; ſeaſon them with Pepper, Salt, Cloves and Mace; then pour in as much Water as will cover your Fiſh; put in a Head of Sellery, and ſome Parſley Roots: Boil it very tender about an Hour, then ſtrain it off, for any Uſe, for Fiſh or meagre Pottages. This Stock will not keep above a Day; if you would make a brown Stock, you muſt paſs your Fiſh off in browned Butter, and ſtove it, then put in your Liquor and Seaſon-ing.

## *A* Stock *for an* Herb Soop.

YOU muſt take Chervil, Beets, Chards, Spinage, Sellery, Leeks, and ſuch like Herbs, with two or three large Cruſts of Bread, ſome Butter, a Bunch of Sweet Herbs, and a little Salt; put theſe with a moderate Quantity of Water into a Kettle, and boil them for an Hour and an half, and ſtrain out the Liquor, through a Sieve, and it will be a good Stock for Soops, either of Aſparagus Buds, Lettuce, or any other Kind, fit for *Lent* or Faſt Days.

## Broth *of* Roots.

BOIL about two Quarts of Seed Peaſe; when they are very tender, bruiſe them to a Maſh; put them into a Boiler, that holds a Buſhel of Water, and hang it over the Fire for an Hour and a half; then take it off, and let it ſettle. Take next a middle-ſiz'd Kettle, and ſtrain into it, thro' a Sieve the clear Puree; into which put a Bunch of Carrots, a Bunch of Parſnips, and a Bunch of Parſley Roots; a Dozen Onions: Seaſon it with Salt, a Bunch of Pot Herbs, and an Onion ſtuck with Cloves. Boil all of it together, and put in a Bunch of Sorrel and another of Chervil, and two or three Spoonfuls of Juice of Onions, ſee that the Broth be well taſted, and make Uſe of it to ſimmer all Sorts of Soops made of *Legumes*.

## *A* Green Peaſe Soop *without Meat*.

WHILE you are ſhelling the Peaſe, ſeparate the Young from the Old, and boil the old ones till they are ſo ſoft that you can paſs them through a Colander, then put the Liquor and the pulped Peaſe together into this; put

put in the young Peaſe whole, adding ſome Pepper, two or three Blades of Mace and ſome Cloves.

When the young Peaſe are boiled enough put a Faggot of Thyme and Sweet Marjoram, a little Mint, Spinage, and a green Onion ſhred, but not too ſmall, with half, or three Quarters of a Pound, or more, of Butter, into a Sauce-pan; and as theſe boil up ſhake in ſome Flour, to boil with it, to the Quantity of a good Handful, or more; put alſo a Loaf of *French* Bread into the Broth to boil; then mingle the Broth and Herbs, *&c.* together; ſeaſon it with Salt to your Palate; and garniſh with ſome ſmall white Toaſts neatly cut, and ſome of the young Peaſe.

## *A young* Green Peaſe Soop.

PUT ſome young Peaſe into a Stew-pan, with a Piece of good freſh Butter, and a Faggot of Sweet Herbs, ſeaſon them with Pepper and Salt; and, after you have toſſed them three or four times on the Stove, put ſome Veal Gravy to them, and let them boil gently: Then take two round Loaves of *French* Bread, of about a Pound Weight each, cut them in Halves, and take out all the Crumb, if the four Cruſts will go into your Diſh uſe them all, or as many as it will contain. Put your Cruſts into a Stew-pan, with a Pinch of half-beaten Pepper, and a little Salt daſhed over them; then take a Spoonful of good Broth, and ſtrain it over your Cruſts, let them take a Boil or two, till they be tender, and immediately put them into your Soop-diſh, and put them over the Stove, and let them juſt ſtick to the Diſh, but not burn; your Peaſe being well taſted, put them upon your Cruſts, and ſerve them hot.

*A dry'd*

### *A dry'd* Peaſe Soop.

YOU may make this of Beef; but a Leg of Pork is much better; or the Bones of Pork, or of the Shin and Hock of a Leg of Pork. Strain the Broth through a Sieve, and to every Quart of Liquor, put half a Pint of ſplit Peaſe, or to three Quarts of Liquor a Quart of whole Peaſe.

The whole Peaſe muſt be paſſed through a Colander; but the ſplit Peaſe do not need it; put in Sellery accordingly as you like it, cut ſmall; dryed Mint and Sweet Marjoram in Powder, ſeaſon alſo with Salt and Pepper, boil all till the Sellery is tender.

If you boil a Leg of Pork, this is to be done when the Meat is taken out of the Pot; but if you make Soop from the Bones boil theſe Ingredients afterwards in the Liquor.

When you ſerve it up, lay a *French* Roll in the Middle of the Diſh, and garniſh the Border of the Diſh with raſped Bread ſifted.

Some put in All-Spice powdered, which is agreeable enough: Others ſerving it up put in toaſted Bread cut into Dice; and others, in the Boiling, add the Leaves of white Beets.

### *A very good* Peaſe Soop.

BOIL three or four Pounds of lean coarſe Beef in two Gallons of Water, with three Pints of Peaſe, till the Meat is all in Rags, and ſtrain it from the Meat and Husks, but, half an Hour before you ſtrain it, put in two or three Anchovies. Then put into a Sauce-pan as much as you would have for that Meal, with an Onion ſtuck with Cloves,

Cloves, a Race of Ginger bruiſed, a Faggot of Thyme, Savoury and Parſley, and a little Pepper; boil it for near half an Hour, then ſtir in a Piece of Butter, and having fryed ſome Forc'd-Meat-Balls, Bacon, and *French* Bread, cut into Dice, with Spinage boil'd green, put theſe to the Soop in the Diſh.

## *A* Peaſe Soop *for* Lent *or any Faſting Days.*

BOIL a Quart of good Peaſe in ſix Quarts of Water, 'till they are very ſoft, then take out ſome of the clear Liquor, and ſtrain the Peaſe from the Husks, as clean as may be; then boil ſome Butter, and when it breaks in the Middle put in an Onion and ſome Mint, cut very ſmall, Spinage, Sorrel, and a little Sellery, cut groſly; let theſe boil for a Quarter of an Hour, ſtirring them often, then with one Hand ſhake in ſome Flour, while, with the other Hand, you pour in the thin Liquor; then put in the ſtrained Liquor, ſome Pepper, Mace, and Salt, and boil it for an Hour longer; then put a Pint of ſweet thick Cream to as much of it as will make a large Diſh, laying a *French* Roll criſped and dipped in Milk in the Middle of the Diſh.

## *A good* Spring Soop.

GET twelve Cabbage-Lettuces, ſix green Cucumbers, pare them and cut out the Cores; then cut them in little Bits, and ſcald them in boiling Water, and put them into ſtrong Broth; let them boil 'till very tender, with a Handful of Green Peaſe, and ſome *French* Roll.

*A* Soop

## *A* Soop de Santé *the* French *Way.*

PUT over twelve Pounds of Beef ſeaſoned moderately with Spices, and Salt, boil it 'till your Broth is ſtrong, ſtrain it to a good Knuckle of Veal blanched, then boil it up a ſecond Time, putting your Pullet to it that you deſign to ſerve in the Middle of your Soop; let it boil 'till it comes to the Strength of a Jelly, put to it, in the Boiling, a Bit of Bacon that is not ruſty, ſtuck with ſix Cloves: Your Broth being thus ready, at the ſame Time make a Pan of good Gravy thus: Take a Stew-pan, or braſs Diſh, place in the bottom of it a Quarter of a Pound of Bacon, cut in Slices clean from Ruſt, likewiſe the Bigneſs of half an Egg of Butter; take five or ſix Pounds of a Fillet of Veal, and cut it in Slices twice as thick as you do for *Scotch* Collops, and place it on your Bacon in your Stew-pan, covering all the Bottom over. If you have no Veal uſe Buttock of Beef, ſet it over a clear Fire not very hot, and let it colour: When it begins to crack put a little of the Fat of your boiling Broth to it, ſtir it as little as poſſible, becauſe it makes it thick, and throw in three or four ſliced Onions, one Carrot, two Turnips, a little Parſley, a Sprig of Thyme, a little whole Pepper and Cloves: All theſe Ingredients being fryed together, 'till you think it comes to a good Colour, if in Summer, a few Muſhrooms will give it a good Taſte. When it is of a good Colour, add to it your boiling Broth, from your Knuckle of Veal, leaving ſome to keep your Veal and Pullet white, to ſoak your Bread with for the Soop, and other Uſes in the Kitchen. Your Broth and Gravy being in Readineſs, take ſuch Herbs as the Country where you are will afford, ſuch as Sellery, Endive,

Endive, Sorrel, a little Chervil, or Cabbage-Lettuce, well picked and washed, mince them down with your mincing Knife, and squeeze the Water from them, place them in a little Pot or deep Sauce-pan, put to them so much of your Broth and Gravy as will just cover them, let them boil tender; then take the Crusts of two *French* Rolls and boil them up with three Pints of Gravy, and strain it through a Strainer, or Sieve, and put it to your Herbs; if you have no *French* Bread to thicken it with, take the Bigness of an Egg of Butter, a small Handful of Flour, and brown it over the Fire, and a little minced Onion, if the Eaters be Lovers of it, if not, let the Onion that was in the Gravy serve. Add to your brown some Gravy, and boil it and strain it through a Sieve to your Herbs, instead of *French* Bread; let your Herbs be pretty tender before you put your Thickening in; boil all together half an Hour, and skim off the Fat, place in the Bottom of your Dish, that you intend to serve your Soop in, some *French* Bread, in Slices, or the Crust dryed before the Fire, or in an Oven; boil it up with some of your Broth, so put your Fowl and Herbs on the Top of it: Let your Garnishing be a Rim, on the Outside of it Sellery, or Endive, tender boiled in good Broth, and cut in Pieces about three Inches long; if you cannot spare Herbs, take a Bit of Forced-Meat, and boil'd Carrot, to garnish it; serve it hot, and take Care there is no Fat on it.

## *A* Soop de Santé *the* English *Way.*

YOUR Gravy and Broth being ready, as in the above Receipt, instead of Herbs take Carrots, and Turnips, and cut them in square Slices an Inch long, and the-

Bigneſs of a Quill, blanch them off in boiling Water, but blanch the Carrots more than the Turnips, and ſtrain them out in a Colander, from the Water, where they are blanched in, then take two Quarts of Gravy, the Cruſt of two *French* Rolls, and boil them as before directed, ſtrain it through a Strainer or Sieve, and put it to the Carrots and Turnips, let them boil gently in it over the Fire, 'till they are tender; your Bread being ſoaked in your Diſh, put in the Middle of it a Knuckle of Veal, or a Pullet, or Chicken. Let your Garniſhing be Carrot, or Turnip, cut in ſmall Dice, and boiled tender, skim off the Fat; ſo ſerve it.

## Soop *Lorraine.*

HAving very good Broth, made of Veal and Fowl, and ſtrained clean, take a Pound of Almonds, and blanch them, pound them in a Mortar, very fine, putting to them a little Water, to keep them from oiling, as you pound them, and the Yolks of four Eggs tender boiled, and the Lean of the Legs and Breaſt of a roaſted Pullet or two; pound all together very fine, then take three Quarts of very good Veal Broth, and the Cruſt of *French* Rolls cut in Slices, let them boil up together over a clear Fire, then put to it your beaten Almonds; let them juſt boil up together, ſtrain it through a fine Strainer to the Thickneſs of a Cream, as much as will ſerve the Bigneſs of your Diſh; mince the Breaſts of two roaſted Pullets, and put them into a Loaf as big as two *French* Rolls, the Top cut off, and the Crumb cut out, ſeaſon your Haſh with a little Pepper and Salt, a ſcraped Nutmeg, and the Bigneſs of an Egg of Butter, together with five or ſix Spoonfuls of your ſtrained Almonds; let the Bread that you put in the Bottom of your

your Soop, be *French* Bread dryed before the Fire, or in an Oven; ſo ſoak it with clean Broth, and a little of your ſtrained Soop, place your Loaf in the Middle; put in your Haſh warm; you may put four Sweetbreads, tender boiled, about your Loaf if you pleaſe. Let your Garniſhing be a Rim and ſliced Lemon; ſo ſerve it up.

### *A* Vermicelli Soop.

TAKE two Quarts of good Broth made of Veal and Fowl, put to it about half a Quarter of a Pound of Vermicelli, a Bit of Bacon ſtuck with Cloves; take the Bigneſs of half an Egg of Butter, and rub it together, with half a Spoonful of Flour, and diſſolve it in a little Broth, to thicken your Soop: Boil a Pullet or Chickens for the Middle of your Soop. Let your Garniſhing be a Rim, on the Outſide of it cut Lemon, ſoak your Bread in the Diſh with ſome of the ſame Broth; take the Fat off and put your Vermicelli in your Diſh; ſo ſerve it.

You may make a Rice Soop the ſame way, only your Rice being firſt boiled tender in Water, and it muſt boil an Hour in ſtrong Broth, but half an Hour will boil the Vermicelli.

### *Soop au Bourgeois.*

HAVING good Broth and Gravy in Readineſs, take four Bunches of Sellery, and ten Heads of Endive, waſh them clean, and take off the Outſide; cut them in Pieces an Inch long, and ſwing them well from the Water. This Soop may be made brown or white: If you intend it brown, put the Herbs into two Quarts

of boiling Gravy, having firſt blanched them in boiling Water five or ſix Minutes; then take the Cruſt of two *French* Rolls, boil it up in three Pints of Gravy, ſtrain it through a Strainer or Sieve, and put it to the Herbs, when they are almoſt ready; for that is to be minded in all Soops, that your Thickening is not to be put in till your Herbs are almoſt tender: You may put in the Middle of your Soop a Pullet or Chickens. Let your Garniſhing be a Rim, and on the Outſide ſome of your Sellery cut in Pieces three Inches long, your Bread being ſoaked in ſome good Broth or Gravy, and your Herbs boiling hot; ſo ſerve it.

## *A* Savoy Soop.

LET your Savoys be cut in four Pieces, and three Parts boiled in fair Water; then ſqueeze them when cold, with your Hand, clean from the Water; place in a large Sauce-pan, or little Braſs Diſh, ſuch a Quantity as your Diſh will hold: There muſt be room betwixt each Piece of Savoy to take up Soop with a large Spoon. Put them a boiling with as much Broth or Gravy as will cover them. Set them a ſtewing over the Fire two Hours before Dinner, at the ſame time take a Sauce-pan with a Quarter of a Pound of Butter, put it over the Fire with a Handful of Flour, keep it ſtirring 'till it is brown; put to it two minced Onions, and ſtir it a little afterwards, then put to it a Quart of Veal Gravy, boil it a little, and pour it all over your Savoys. You force Pigeons betwixt the Skin and the Body with good Forc'd-Meat, made of Veal, or you take a Duck or Ducklings, being truſſed up for boiling, then fry them off, and put them a ſtewing with your Savoys; let a little Bacon, ſtuck with Cloves, be put in with them

them to ſtew. Let your Garniſhing be a Rim, and on the Outſide of it Slices of Bacon, a little Savoy betwixt each Slice, taking the Fat clean off, ſoak your Bread in your Diſh, with ſome good Broth or Gravy, place your Savoys at a due Diſtance, and your Fowl in the Middle; ſo ſerve it.

## *A* Kervel Maes Pottage.

GET a Knuckle of Veal, chop it all in little Pieces, except the Marrow-bone, ſeaſon the Fleſh with a little Salt, Nutmeg, pounded Biſcuit, and Yolks of Eggs, and make little Force-Meat-Balls of the Bigneſs of a Pigeon's Egg; which being boiled in a Broth-Pot for the Space of a full Hour, then take three or four Handfuls of Chervil picked clean, two or three Leeks, and a good Handful of Beet Leaves, mince them together, and add two or three Spoonfuls of Flour well mixed, with two or three Spoonfuls of Broth, that it may not be lumpy, and do it over the Stove as you would do Milk-Pottage. This Pottage muſt appear green. On *Fiſh* Days cut ſome Eels in Pieces, with which make the Broth, and you may put in a Handful of Sorrel among the other Herbs.

## *A* Sorrel Soop *with Eggs.*

BOIL a Neck of Mutton, and a Knuckle of Veal, skim them clean, and put in a Faggot of Herbs; ſeaſon with Pepper, Salt, Cloves and Mace, and when it is boiled enough ſtrain it off, let it ſettle and skim the Fat off, then take your Sorrel and chop it, but not ſmall; paſs it in brown Butter, put in your Broth, and ſome Slices of *French* Bread, and ſtove in the Middle a Fowl, or a Piece of a Neck of Mutton; then garniſh your Diſh with Slices

of

of fryed Bread, and ſtewed Sorrel, with ſix poached Eggs, laid round the Diſh, or in the Soop.

## Crawfiſh Soop.

BOIL Crawfiſh, pick the Shells from the Tails of them, and leave the Bodies, Tails and Legs together, prepare two Dozen thus to garniſh your Diſh; for which, if it be large you ought to have a hundred Crawfiſh. Pick the Tails out of the reſt from the Shells; put them in a Sauce-pan; then you will find a little Bag at the End next the Claws, which is bitter like Gall, that you muſt take Care to throw away, likewiſe any thing that is white and woolly in the Belly; then put the Shells in a Marble or Wooden Mortar, and pound them to a Paſte. While your Shells are thus pounding, put in a large Sauce-pan or Stew-pan, three Quarters of a Pound of Butter, the Cruſt of two *French* Rolls, three or four Onions ſliced, two Dozen Corns of whole Pepper, one Dozen of Cloves, a Sprig of Thyme, and a Handful of Parſley; fry theſe Ingredients ſoftly over the Fire half a Quarter of an Hour, 'till your Bread is criſp, but take Care you do not burn your Herbs: At the ſame Time, take Care to prepare your Fiſh for your Stock, which is to be two Carps, two Eels, and a Thornback; if you cannot have Carp, you muſt uſe Whitings or Flounders, in the Place of Carp, with your Eels and Thornback; skin the Carps and Eels, and cut the thick Fiſh from the Back of your Carp, and ſave it to make a Forced-Meat of: And, likewiſe ſave the Head and Bones of your Carp as you can, in order to be forced in the Middle of your Soop. Then chop your Eels to Pieces, and skinned Thornback, or what other freſh Fiſh

Fiſh you have, to the Quantity of four or five Pounds Weight, and put them to your above-mentioned Ingredients, ſet them a ſtewing over the Fire, and let them ſtew half an Hour together, ſtirring them now and then, that they burn not to the Bottom. When the Rawneſs is fryed off the Fiſh, then pour in four or five Quarts of boiling Water or Broth, and ſeaſon it moderately with Salt; let it boil half an Hour, then skim all the Fat off, and take up with a Skimmer, all the Cruſt of Bread that was fryed, from the Fiſh, and two Quarts of your Fiſh Broth, and put to your pounded Crawfiſh; boil it over your Fire with the Fiſh-broth, and ſtrain it thro' a fine Strainer, to the Thickneſs of a Cream: If your Strainer is not fine, your Soop will prove gritty with the Shells; to prevent that, let it ſtand a little in the Diſh you ſtrain it in, and pour it ſoftly into a Sauce-pan; ſo the Grit will ſtay behind. Put the Remainder of your Shells that is in your Strainer, to your fryed Fiſh, and the Remainder of your Stock, ſtirring it together; ſtrain it into another Sauce-pan, and ſave it to ſoak your Bread with: For it will be thinner, and not of ſo high Colour as the former. Your Stock being thus getting in Readineſs, cauſe the Fiſh that you cut off the Back of your Carp, to be minced fine, and add to it, three or four buttered Eggs, the Crumb of a *French* Roll, boiled in Milk or Cream, a boiled Onion, and a little Parſley minced fine, the Bigneſs of an Egg of Butter, a little Pepper and Salt; ſcrape in a Nutmeg, and ſqueeze in half a Lemon: Mince all theſe together to a Paſte, then force the Bodies of your Carps, where you cut your Fiſh off, into the ſame Shape as they were, ſmoothing them over with your Hand and a beaten Egg; pour over

over a little melted Butter, ſtrew over it a little Handful of grated Bread; then bake it three Quarters of an Hour before you have Occaſion for it, buttering the Bottom of the Pan, or Mazarine you bake it in. Let your Bread be cut in thin Slices, and dryed before the Fire, or in an Oven, and ſoaked in ſome of your thin Stock: Then take your Carp up from the Fat and place it in the Middle of your Diſh; then put the Tails of your pickled Crawfiſh into your beſt Stock, boil it up only over the Fire; before you ſend it away ſqueeze in half a Lemon, then pour it round your baked Carp in your Pottage-Diſh: Let your Garniſhing be a Rim of the ſame Forc'd-Meat, or if it is ſcarce, take clean Paſte, and lay on the Outſide of it the two Dozen of Crawfiſh, mentioned in the Beginning of the Receipt, having firſt heated them in a little of your Stock; ſo ſerve it.

## *A* Lobſter Soop.

MAKE a Forced-Meat of Fiſh, as in the laſt Receipt, only inſtead of Carps, you may take Tenches, Pikes, Trouts, or Whitings and Flounders; or what other freſh Fiſh the Country where you are can afford, to the Value of four or five Pounds Weight; make your Stock of it as you are directed in the preceding Receipt: Keep your Forced-Meat as clean from Bones as poſſibly you can, and make it up in the Bigneſs of a double *French* Roll, being hollow in the Middle, and open on the Top; bake it half an Hour before you uſe it; place it in the Middle of your Soop. At the ſame time pound the Spawn of your Lobſters, (being two or four of them, according to the Bigneſs of your Diſh,) and ſtrain it with your Cullis,

lis, as you did your Crawfiſh Soop; and take the Meat of your Lobſters, and cut in large Dice; warm it up in a Sauce-pan with a little of the Cullis, a little Pepper and Salt, ſqueeze in a Lemon, and add a little Butter, put in your Forced Loaf in the Middle of your Soop. Your Bread ſoaked and your Cullis hot, ſqueeze in a little Lemon, and diſh it up. Let your Garniſhing be a Rim of Paſte, and on the Outſide of it lay ſome cut Lemon; ſo ſerve it.

## *A* Muſcle Soop.

TAKE a Quantity of Muſcles, make them clean, boil them and pick them out of the Shells; then waſh them again and put them into a Sauce-pan: Take three or four Pounds of freſh Fiſh, and a Cullis, as for the Crawfiſh Soop, and ſtrain it through a Sieve to the Thickneſs of a Cream; put a little of it to your Muſcles; cut off the Top of a *French* Roll, take out the Crumb and fry it in a little Butter; place it in the Middle of your Soop, your Bread being ſoaked with ſome of your Cullis. Let your Garniſhing be a Rim of Paſte; lay the Muſcle-Shells round the Outſide of it; thicken up your Muſcles with the Yolk of an Egg, as you do a Fricaſey, and put one or two in each Shell, round your Soop; likewiſe fill up the Loaf in the Middle; the Cullis being boiling hot, ſqueeze into that, and on the Muſcles, a little Lemon; ſo ſerve it.

You may make a Cockle Soop the ſame Way.

## *A* Scate *or* Thornback Soop.

MAKE your Stock or Cullis as you did for your Crawfiſh Soop, only you have no Shells to put in

it for colouring: Your Scate or Thornback being skinned take half a Pound of the beſt of the Fiſh from the Bones, cut it to Pieces, and throw it into your Cullis, with ſome other freſh Fiſh, ſuch as the Country affords. Your Cullis being ſtrained off ready, as for your Crawfiſh Soop, to the Thickneſs of a Cream, mince the lean Part of the Fiſh you cut from the Bones, and put it over the Fire in a little Sauce-pan with a little Butter, Pepper and Salt, ſtirring it 'till the Raw is off of it; then mince it with your Knife on a clean Table the ſecond Time, and put it in your Sauce-pan again: If it is good Fiſh, it will eat as tender as a Chicken haſhed; put a little Lemon to it, and place it in a *French* Roll in the Middle of your Soop; your Cullis being hot, and your Bread ſoaked in the Bottom of your Diſh, ſqueeze in ſome Lemon. Let your Garniſhing be a Rim on the Outſide; ſo ſerve it.

## *An* Oyſter Soop.

YOUR Stock muſt be of Fiſh; then take two Quarts of Oyſters, ſet them and beard them; take the hard Part of the Oyſters from the other, and beat them in a Mortar with ten hard Yolks of Eggs; put in ſome good Stock, ſeaſon it with Pepper, Salt and Nutmeg; then thicken up your Soop as Cream; put in the reſt of your Oyſters, and garniſh with Oyſters.

## *A good* Gravy Soop.

GET a Leg of Beef, and boil it down with ſome Salt, a Bundle of Sweet-Herbs, an Onion, a few Cloves, a Bit of Nutmeg; boil three Gallons of Water to one; then take two or three Pounds of lean Beef cut in thin Slices;

Slices; then put in your Pan a Piece of Butter, as big as an Egg, and flour it, and let the Stew-pan be hot, and ſhake it 'till the Butter be brown; then lay your Beef in your Pan over a pretty quick Fire, cover it cloſe, give it a Turn now and then, and ſtrain in your ſtrong Broth, with an Anchovy or two, a Handful of Spinach and Endive boiled green, and drained and ſhred groſs; then have ſome Pallates ready boiled and cut in Pieces, and toaſted and fryed; Take out the fryed Beef, and put all the reſt together with a little Pepper, and let it boil a Quarter of an Hour, and ſerve it up with a Knuckle of Veal, or a Fowl boiled in the Middle.

*Another* Gravy Soop.

GET a Leg of Beef, and a Piece of the Neck, and boil it 'till you have all the Goodneſs out of it; then ſtrain it from the Meat; then take half a Pound of freſh Butter, and put it in a Stew-pan and brown it; then put in an Onion ſtuck with Cloves, ſome Endive, Sellery and Spinach, and your ſtrong Broth, and ſeaſon it to your Palate with Salt, Pepper and Spices, and let it boil together; and put in Chips of *French* Bread dried by the Fire; and ſerve it up with a *French* Roll toaſted in the Middle.

*An* Almond Soop.

YOUR Stock muſt be Veal and Fowl, then beat a Pound of *Jordan* Almonds very fine in a Mortar, with the Yolks of ſix hard Eggs, putting in a little cool Broth ſometimes; then put in as much Broth as you think will do; ſtrain it off, and put in two ſmall Chickens, and ſome Slices of *French* Bread; ſeaſon it gently, ſo ſerve away; garniſh with Whites of Eggs beat up.

## Rice Soop.

YOUR Stock muſt be of Veal and Fowl; put in half a Pound of Rice, and a Pint of good Gravy, and a Knuckle of Veal, ſtove it tender; ſeaſon with Mace and Salt, then make a Rim round your Diſh, and garniſh with Heaps of Rice, ſome coloured with Saffron, placing one Heap of White, and one of Yellow all round.

## *An* Italian Pottage.

IT is a Sort of Olio, diſhed in ſeparate Compartments, in the Middle of your Diſh, for which Purpoſe make a Croſs of Paſte, then bake it in the Oven; in the firſt Angle make a Biſque; in the Second a Pottage of ſmall Chickens; in the Third a Pottage *à la Reine (en Profitrolle;)* and in the Fourth a Pottage of forced Partridges. Obſerve, that each Soop is to have its different Broth belonging to it, with different Garniture.

## *A* Soop *of Forced* Green Geeſe.

MAKE a Force-Meat of Gooſe Liver, a Piece of Bacon, a Calf's Udder or Beef-Sewet, ſome Crumbs of Bread ſoaked or boiled in Milk, and three or four Eggs; chop altogether, and ſeaſon with Pepper, Salt, Sweet-Herbs and Spices; when this is done, put your Force-Meat into your Gooſe's Belly, then put it into a Pot with ſome good Broth, and ſet it a doing gradually over the Fire; then take the Cruſts of *French* Rolls as uſual, and put them in a Stew-pan, with ſome of the ſame Broth your Gooſe is boiled in, and ſet your Cruſts a ſimmering and ſoaking gently over a Stove; when they are tender, put them in your

your Soop-Diſh, and the Gooſe upon them; then put over your Gooſe a Cullis of Green Peaſe (if in Seaſon) or elſe Aſparagus Tops. Garniſh the Rim of your Diſh with middling Bacon, and ſerve it hot.

## *A Turnip Soop.*

HAving good Veal Gravy in Readineſs, take ſome good Turnips, pare them and cut them in Dice, one or two Dozen, according to their Size, and the Bigneſs of your Diſh; fry them of a brown Colour in clarified Butter or Hog's Lard. Take two Quarts of good Gravy, and the Crums of two *French* Rolls, boil them up together, and ſtrain them through a fine Strainer. Your Turnips being ſtrained from the Fat they were fryed in, put them together, boil them till tender. You may roaſt two Ducks to put in the Middle. Let your Garniſh be a Rim, on the Outſide of it ſome ſmall dried Turnips, boiled white in Broth, and betwixt every Parcel of them a Piece of fryed Turnip, in Shape of a Cock's Comb. Soak your Bread in ſome good Fat and Gravy; and then ſerve it.

## *A Pottage à la Jacobine.*

PRepare a Brace of Partridges with a Chicken, and roaſt them, take off all the Fleſh, and chop it very ſmall, then put it in a Stew-pan with a little Cullis, then take all the Crumb out of a *French* Roll, and fill it with this minced Meat; but obſerve to keep ſome to put upon your Pottage. Pound all your Partridge Bones, and put them in a Stew-pan, with a Spoonful or two of Broth, let them have only two Boils, and let them be well reliſhed; then ſtrain them through a Strainer, and put the Li-

quor

quor into a little Pot, with the reſt of your minced Meat; cut a *French* Roll into very thin Slices at the Bottom of your Diſh, and a Layer of glazed *Parmeſan* Cheeſe, and put a Row of Bread, continuing them alternately, till you have enough for the Pottage; then put your Diſh on a Stove, and put to it ſome Broth; let it ſimmer gently; being ready to ſerve up, put in your *French* Rolls, ſtuffed with the minced Meat, and fill it up very gently with good Broth: Garniſh the Rim of your Diſh with Pieces of Puff-paſte, cut in Triangles, throwing your Cullis over all; ſerve it hot.

### *A* Pottage *of* Forced Pigeons *with brown Onions.*

GET ſome large Pigeons, pick, draw, and truſs them well, looſen the Skin of the Breaſt with your Finger, and force them with a Force-Meat thus: Get ſome white Fleſh of Fowls, or elſe a Piece of Veal with a little Bacon and Calf's Udder, blanched and ſeaſoned with Pepper, Salt, Sweet Herbs and Spices; a few Muſhrooms, Truffles, Parſley, and young Onions, three or four Yolks of raw Eggs, and a few Crumbs of Bread boiled in Cream; mince all well together, and pound them in a Mortar; force your Pigeons with this Forced-Meat, ſtop the Vent of your Pigeons with a Skewer, and blanch them, leaving them but a Moment in the boiling Water, pick them clean over again, and ſet them a boiling in a Pot of good Broth. Take ſome ſmall round Onions, cut off the Ends and blanch them in Water; then peel them, and put them into a Pot with good Broth, and Veal Gravy, and ſet them a boiling; when boil'd, take them out very carefully for fear of breaking them, and put them into a Sieve to drain;

Take

Take a *French* Roll, cut off the Cruſt, and put it into a Stew-pan, and put to your Cruſt the Broth your Onions were boiled in, and ſet them to ſoak and ſimmer; when tender put them in your Soop-Diſh with your forced Pigeons upon them, and garniſh your Diſh with the Onions; fill up your Soop Diſh with Veal Gravy, and ſee that it be well taſted; ſerve it hot. If you would have a Binding, inſtead of Veal Gravy, bind it with clear Cullis of Veal and Ham.

Pottage of Turkies with Onions is made the ſame way.

## Pottage *of* Partridges.

YOUR Partridges being picked, drawn, truſſed and ſcalded, lard them with middling Lards of Bacon well ſeaſoned, and half roaſt them; then take them off, and put them into a Pot with a Bundle of Roots, ſome Onions, and ſome good Broth; ſet them a boiling. Make a Cullis after this Manner; take a Pound or two of a Fillet of Veal, and a Piece of Ham, cut them in Slices to garniſh the Bottom of a Stew-pan, ſlice an Onion, Carrot, and Parſnip, and put the whole covered up, over a ſlow Fire; when the Liquor ſticks to the Pan without burning, put in a little Piece of Butter, and a Duſt of Flour; toſs that ſeven or eight Times over the Stove, then wet it with half Gravy, half Broth, and put in ſome Cruſts of Bread, a little Parſley, a Chibbol, Muſhrooms, Truffles, and a very little Sweet Baſil, and let all ſimmer together; pound a roaſted Partridge; the Cullis being enough, take out the Slices of Veal and put in the Partridge; ſtrain it through a Strainer, and put it into a Pot, and keep it hot; boil ſome Cruſts of *French* Rolls in the Soop-Diſh you intend to

ſerve

ſerve it in, or in a Stew-pan, with the Liquor that your Partridges were boiled in; when tender, lay them in your Soop-Diſh, and lay your Partridges handſomely upon them; ſee that your Cullis be well taſted, pour it upon your Pottage, and ſerve it hot.

### *A* Bain-Marie.

GET three Pounds of Buttock of Beef, three Pounds of Fillet of Veal, and a Pound of Leg of Mutton, the whole without its Fat, with a Capon and a Partridge; take an Earthen Pot big enough to hold all this Meat; ſcald the Pot before you uſe it, then put into it the Meat aforeſaid, and ſeaſon it with an Onion ſtuck with two Cloves, and a little Salt, pour into it three Pints of Water, cover the Pot and ſtop it cloſe all round with Paſte and Paper, to keep in the Steam. Put on the Fire a large Kettle of Water, and ſet it a boiling; then put your earthen Pot into this Kettle, and keep ſo much Water always boiling ready to put into the Kettle, as the other waſtes, keep always filling ſo, for the Space of five Hours: After which take it off and open it, and ſtrain the Broth through a Sieve or a Napkin, let it ſettle. This is uſed for ſick People, or to ſoak Cruſts in for Pottages; and when you have a Mind to do it with Rice, you need only to fill the Belly of the Capon with Rice, picked very clean, and do it the ſame Way as above-mentioned.

### *A* Pottage *of* Partridge *à la Reine.*

HAving drawn, picked and truſſed your Partridges, lard them with large Lardoons of Bacon, and half roaſt them, then take them off the Spit, and put them into a Pot

a Pot with ſome good Broth of a Piece of Beef and Veal, ſet them a boiling over a ſlow Fire, then take a Pound or two of a Fillet of Veal, and a Piece of Ham, cut both into Pieces or Slices, and garniſh the Bottom of a Stew-pan, and add an Onion or two, a few Carrots and Parſnips; ſet them a ſweating on a Stove ſlowly; and when they begin to ſtick to the Pan, and appear brown, pour in ſome good Broth, and ſeaſon the whole with two or three Cloves, ſome Muſhrooms cut in Slices, Parſley, Cives, and Crumbs of Bread; let them all ſtew together very ſlowly, and when they are well ſoaked, and the Veal and Ham enough, take them out of the Pan, and mix one of your Partridges, being pounded, in it. Then ſtrain your Cullis over it, and put to it the Cruſt of a *French* Roll or two, ſoaked in ſome of the Broth the Partridges were boiled in; put a Brace of roaſted Partridges in the Middle, and ſerve away hot.

## *A* Pottage *of* Cheſnuts.

TAKE ſome large Cheſnuts and peel them, then put them into a Paſty-pan with Fire, under and over, put them in the Oven, peel off the under Skin, then ſet them a boiling in good Broth; put in a Stew-pan about half a Pound of Veal, a few Slices of Ham, ſome ſliced Carrot and Onion, ſet them in a Stove to ſweat 'till they ſtick to the Pan without burning; moiſten them with good Broth; you muſt have ſome Carcaſſes of Partridges or Pheaſants ready pounded; take the Meat out of your Stew-pan with a Skimmer, and put in your pounded Carcaſſes; obſerve that your Broth be well taſted; put in a little of your Cullis, and ſtrain it through a Strainer, afterwards put it into a little Pot or Sauce-pan and keep it hot. Pare

off the Cruſts of a *French* Roll, and put them in a Stew-pan; put ſome good Broth to your Cruſts, and let them ſimmer a while over the Stove, but take Care there be no Fat: When enough, put them in your Soop Diſh; garniſh the Rim with Cheſnuts; put in your Pottage two large Pigeons, or two Partridges with your Cullis over them, and ſerve it hot.

## *A* Pottage *à la Houzarde.*

TAKE two Chickens, pick them very clean, truſs them, and put them in the Broth Pot for half an Hour, then take them out, and cut them in Pieces as for a Fricaſey, and put them into a Stew-pan with ſome melted Butter, ſeaſoned with Pepper, Salt, Sweet Herbs, and fine Spices, and raſped Bread and *Parmeſan* Cheeſe, upon them, one after another, as you do Smelts or fryed Gudgeons; then put them handſomely in a Paſty-pan, and let them take a fine Colour in the Oven. Take a *French* Roll, cut it in Slices, make a Layer of Bread in your Soop-Diſh, and another of *Parmeſan* Cheeſe, another of Cabbage, and one of Bread over all, that the Cabbage may not appear; put your Diſh on the Stove, with ſome good Broth in it; let it ſimmer 'till the Bread be almoſt dry, then druge it with *Parmeſan* Cheeſe, and brown it with the Cover of a Paſty-pan; then ſhove a thin Skimmer under your Bread in the Diſh, and put in ſome Broth 'till your Bread ſwims in it. When it is ready to ſerve, lay your Chickens on handſomely, and ſerve it hot.

Lentil

## Lentil Soop.

GET one Quart of Lentils, put to them a Gallon of ſoft Water, two Pounds of good Ham or Pickle Pork, two Pounds of Mutton, two Pounds of Pork; ſeaſon with All-ſpice and Salt; put in a Faggot of Herbs, and ſtove all very tender; ſave a few whole to put in a *French* Roll for the Middle; the reſt pulp off as thick as Cream; ſo ſerve away. Garniſh with Bacon and Lentils.

## Melot Soop.

GET one Pound of Melot, and ſteep it one Hour in good ſtrong Broth; then ſet it on a gentle Fire to ſimmer; ſeaſon with Salt, and Mace, then put in two Pigeons and a Quart of good Gravy; ſtove it two Hours, make a Rim of Paſte round the Edges, and lay ſome Melot ſtoved, round, with ſome Slices of *French* Bread.

## *A* Veal Soop.

TAKE a Knuckle of Veal and cut it to Pieces, boil it with a Pullet and half a Pound of *Jordan* Almonds, beat ſmall; ſtove it well, and very tender: You may boil a Chicken to lay in the Middle; then skim it clean, and ſeaſon it with Salt and a Blade of Mace; then take the Yolks of four Eggs, and beat them in a little good Broth; ſo draw it up thickiſh as Cream, and ſerve it away hot.

## *A* Veal Soop *with Barley.*

YOUR Stock muſt be with a Fowl, a Knuckle of Veal, and ſome Mutton, ſeaſoned only with Mace; then ſtrain all off; put in half a Pound of *French* or Pearl

Barley; boil it one Hour, ſeaſon it well, and boil in the Middle a Fowl, or two Chickens; and juſt as you ſerve it put in chopped Parſley.

### *Scotch* Barley-Broth.

GET a Neck, a Loin, or a Breaſt of Mutton, cut it to Pieces, waſh it, put as much Water as will cover it, then when it boils skim it clean, and ſeaſon it with Pepper and Salt, ſome diced Carrots, Turnips, ſome Onions, a Faggot of Thyme and Parſley, and ſome Barley; ſtove all this well together; then skim it well: You may put in a Knuckle of Veal, or a Sheep's Head ſinged, with the Wooll on, ſoaked and ſcraped, and it will be white; ſo ſerve away with the Meat in your Broth.

### *To make a* Pottage *with* Ducks *and* Turnips.

TAKE a Duck, draw and truſs it very neatly; blanch it, and put a Piece of Beef in a Stew-pan, with a Piece of Mutton, and your Duck; ſet all a doing ſlowly over the Stove: When your Pottage begins to ſtick to the Stew-pan, put ſome good Broth into it, then take out your Meat, ſtrain your Broth, and put it in a Pot with ſome Turnips, Carrots, and Onions; then put your Pot on the Fire, and make it boil gently; in the mean time cut ſome Turnips in the Form of Dice, or in any other Form you pleaſe, to be thrown upon your Pottage, then blanch them, and put them in a ſmall Pot of very good Broth, let them boil 'till they be enough: As ſoon as you are ready to ſerve, take off the Cruſts of a *French* Roll, and put them in a Stew-pan, ſtrain ſome good Broth upon them, without Fat, then let them ſimmer over the Stove 'till they be tender:

tender: When they are enough, put them in your Soop-Diſh; garniſh the Rim of it with Turnips ready for that Purpoſe; then put in your Duck and the remaining Turnips cut into ſmall Dice; fill up your Soop-Diſh and ſerve it hot, but be ſure it be well taſted.

Young Geeſe, Teals, Knuckles of Roe-Bucks and Wild Boars, may be ſerved in the like Pottages of Turnips; as likewiſe Wood-Pigeons, and other Pigeons.

## *A* Cow-Heel Pottage.

PUT in your Pot ſeven or eight Pounds of Buttock of Beef, a Leg of Mutton cut in two, three or four Pounds of a Leg of Veal, and the Knuckle of a Ham; put your Pot over the Stove 'till the Meat ſticks a little to it; then pour out ſome Broth without Fat; put in alſo a Fowl, and an old Partridge, ſome Carrots, Parſnips, Turnips, and a Bunch of Sellery, and let it boil very ſlowly: Then boil your Cow-Heel, and finiſh the doing of it in a little Braize, that is, in a good Seaſoning; when all is ready take the Cruſts of *French* Rolls, and put them in a Stew-pan; ſtrain ſome clear Broth upon them, taking off all the Fat, and let them ſoak and ſimmer a while over the Stove; then put it into the Soop-Diſh, with your Cow-Heel upon it. Laſtly, fill it up with Broth, and ſerve it very hot. Let it be well taſted.

## Pottage *of* Rice, *the* Poliſh *Way, called,* Rouſſole.

PICK and waſh your Rice very clean, put it in a Pot with a Knuckle of Veal, and a Fowl cut in Quarters; moiſten them with hot Water and let them boil very ſlowly; put in a Handful of Parſley-Roots, and a Handful of Parſley

Parſley Leaves, a good Pinch of Mace pounded, a Pinch of Pepper, and a Piece of Butter; boil it gently, and keep it from thickening; give it a good Taſte; and juſt before you ſerve, put in a Handful of Parſley, and diſh up your Pottage in the Diſh you ſerve it up in; put your quarter'd Fowl upon it, and ſerve it up hot.

### *A* Rice Olio, *with a* Cullis *of* Crawfiſh.

WASH ſome Rice very clean, and put it in a Pot of good Broth; make it boil very ſlowly, and add half a Dozen live Crawfiſh: When your Rice is done enough and well taſted, pour upon it a good Cullis of Crawfiſh, with the Tails; take the Crawfiſh out of your Pottage, and ſerve it hot.

### *A* Rice Olio, *with a Cullis* á la Reine.

BOIL a Fowl with your Rice in a Pot of good Broth, and make a white Cullis thus: Take a Piece of Veal and Ham, and cut them like ſmall Dice, add an Onion, with ſome good Broth; take the White of a roaſted Fowl, and pound it in a Mortar, when pounded, take the Meat out of your Cullis, and put in the White of your pounded Fowl; ſtrain it all through a Strainer, and put it to your Rice, and put your Fowl in the Diſh that you ſerve your Pottage in: Let it be well taſted, and ſerve it hot.

### *An* Olio.

PUT a Leg of Beef over the Fire at Six o'Clock in the Morning, with ſix Pounds of a Briſcuit of Beef, cut in five or ſix Pieces, ſeaſoned moderately with Spices and Salt, ſkim it, let it boil 'till your Broth is very ſtrong; take

take a Neck of Veal, a Neck of Mutton, a Piece of a Loin of Pork; if no Pork, then take half a Pig; or, if you have neither of them, take half a Gang of Hogs Feet, boil them tender with good Seaſoning; cut your Mutton, Pork, and Veal in ſquare Pieces, two Ribs to a Piece, skin your Pork, give it all two or three Boils in boiling Water, then let it drain in a Colander; when it is drained, either roaſt it or fry it, of a good Colour; if you roaſt it, you muſt do it quick that it looſe not its Gravy: Then take your Briſcuit Beef out of your Broth, before it be quite tender, becauſe it muſt boil along with the other Meat; place it in a large Braſs Diſh or Stew-pan; at the ſame time get ready the Herbs and Roots following, *viz.* three Savoys cut in four Pieces each, ſix Carrots cut in long Slices, two Bunches of Sellery, ſix Leek Heads, a Hand long, twelve Parſley Roots, ſix Heads of Endive, or Cabbage Lettuce; put over five or ſix Dozen of Carrots, Turnips, and Onions, as big as the Yolks of Eggs; blanch all theſe off in boiling Water, and drain them through a Colander; then tie each Sort of the Herbs up by itſelf, with a piece of Packthread twice round; place them in your Stew-pan with your Meat above-mentioned, and ſtrain your Broth from your Leg of Beef, through a Sieve on the Top of your Meat and Herbs, as much as will barely cover it, and ſet it a boiling ſoftly three Hours before you uſe it: Then fry off your Turnips, Carrots, and Onions that were cut round, in Hog's Lard, or clarifyed Butter; place them in a Sauce-pan, then get the Fowls following, or what the Country can afford, *viz.* two Chickens, two Pigeons, two Woodcocks, four Snipes, two Teals or Widgeons, two Dozen of Larks; let them be ſinged and

truſſed

truſſed up for boiling, blanch them in boiling Water, then throw them out on a Colander; when they are cold, lard half of them with ſmall Lardoons, and either roaſt or fry them brown, as you did your Meat aforeſaid, as quick as you can, becauſe they may not loſe their Goodneſs. When your ſaid Meat and Herbs are half dreſſed put your Fowls on the Top of it, with the Breaſts down, with as little Broth as barely covers all; then put ſome good Broth and Gravy to your fryed Roots, and ſplit your Hogs Feet, and put in them a little Bit of Bacon ſtuck with Cloves; ſet all a ſtewing together; put likewiſe a Quarter of a Pound of middling Bacon, ſtuck with two Dozen of Cloves, in the Middle of your Meat that is ſtewing, and two or three Cloves of Garlick, tyed up in a Rag, with a Pennyworth of Saffron; you muſt take Care in the Boiling that it take not too muſt Taſte of either: Cover all up, and let it ſtew ſoftly, then make your Thickening ready as follows: If in Summer, boil up two Quarts of Green Peaſe, and put to them three Pints of good ſtrong Broth, and ſtrain them through a Strainer as thick as you can, and thicken your Olio with this; but it muſt not be ſo thick as a Cullis for any other Soop; likewiſe, put a little into your fryed Roots; or if in Winter, you may uſe Blue Peaſe; but if you have neither of theſe, put a Quarter of a Pound of Butter in a Sauce-pan, a ſmall Handful of Flour, brown it ſoftly over a clear Fire, rubbing it with a Ladle; when brown, put to it Gravy, let it boil up, and ſtrain it through a fine Sieve; about an Hour before you ſerve it, pour half of it over your Olio, and half over your fryed Roots; put into it ſix whole Onions; let all ſtew ſoftly together, giving a Shake now and then that it ſet not to, and take Care that it be tender

tender boiled, but come not to a Maſh; ſet it off before you intend to diſh it up, and skim the Fat off clean; then prepare ſome dryed Bread in the Bottom of your Diſh, a good ſtout Rim of clean Paſte, an Inch high, ſet on with the Yolk of an Egg, and dryed in an Oven; then put ſome of the ſame Broth from your Olio to ſoak your Bread with. It will take half an Hour's Time to diſh it in order; when you diſh it up, take up all your Meat, Fowls, and Herbs, and put them into another Diſh, and begin with your coarſeſt Meat firſt, in the Bottom of your Diſh; ſuch as Beef, Pork, mixed with ſome of your Roots; lay your firſt Row out, touching your Rim, and ſo by Degrees draw it into the Top in the Manner of a Sugar Loaf, the fineſt of your Fowl next to the Top, with the Hogs Feet and Ears: Then take the fryed Roots, the Fat being clean taken off, lay them handſomely, with your Spoon, in all the Vacancies and hollow Places round and over your Olio; take care you do not hide your Fowl too much, and that you put not too much Broth in your Diſh when you diſh it up, becauſe you muſt leave Room for ſome of your boiling Cullis to be poured over it when you ſerve it away; then ſtrain the Remainder of your Broth that you ſtewed your Roots in, and likewiſe ſome of that in your Stew-pan, be ſure there is no Fat on it; put into it the Cruſt of half a *French* Roll, when it is tender ſoaked, put it into a Silver Cup, or *China* Baſon, with about a Quart of your Broth. So ſerve it up on a Plate with your Olio, as it goes away: Take Care you make it not too ſalt, becauſe there come Salt from your larded Fowls, and from your Bacon that is ſtuck with Cloves; be ſure that none of your Liquor run over the Rim of your Diſh. According to your Company, and Big-

neſs of your Diſh, you may put in half the Quantity of Meat above-mentioned; ſo ſerve it.

## *Another* Spaniſh Olio.

GET ſome Griſtle of Beef from the lower Part of the Briſcuit, cut in Pieces, the Bigneſs of two Fingers, and put them in Water; take alſo ſome Griſtle of a Breaſt of Mutton, and ſome Griſtle of a Breaſt of Veal, and Sheep's Rumps, and cut them into handſome Pieces; then garniſh a Broth Pot all round with Slices of Beef an Inch thick, and put in your Griſtle of Beef, with a good Quantity of Roots, a Bunch of Sellery very neat, becauſe it muſt be uſed in ſerving up, a Bunch of Leeks; moiſten the Whole with Broth; and when the Beef is ſomewhat forward, put in your Griſtle of Veal and Mutton, and Sheep's Rumps, two Hog's Feet and Ears, two Partridges, two Pigeons, the Knuckle of a Ham, a good Cervelas, half a White Cabbage, being well blanched, drained, and tied up with Packthread; ſeaſon the Whole with Onions, and put in a Mignonette, and then cover it with Slices of Beef; take two Pounds of Veal, cut them in Slices, and ſet them to ſweat gently over the Stove, 'till they ſtick to the Stew-pan; but don't let them burn: Put ſome good Broth into it, and put it in your Olio. You muſt put to ſteep over Night ſome Gravance, that is, *Spaniſh* Peaſe, in lukewarm Water, in the Morning pick them clean one after another, then waſh them in hot Water, and boil them in a Sauce-pan with good Broth. Your Olio, being done, give it the beſt Taſte you can; then take out all your Meat and Roots, and put them in a large Diſh; range handſomely in the Diſh or Olio-Pot you ſerve up in, your Griſtles of Beef, Veal,

Veal, and Mutton, and Roots, which muſt be well cleaned: When every thing is in good Order in your Diſh, then put in your Hog's Feet and Ears, Cabbage, Sellery and Leeks, in the ſame Form; add, laſtly, your Gravance with a little Olio Broth, and ſerve it hot. You muſt ſerve it in covered *China* Cups, with Slices of toaſted Bread, as big as your two Fingers; fill each Cup with Broth, and put a Toaſt at their Sides. Take Care your Broth be well reliſhed; and ſerve it as hot as you can.

### *A* Pottage *of* Wood-Pigeons, *by Way of an* Olio.

AFTER your Wood Pigeons are truſſed; blanch them in Water, and put them in the Pot with ſome good Gravy, a Bunch of Roots, ſuch as Carrots, Turnips, Parſnips, *&c.* ſome young Onions, a Faggot of Sellery, and a Bunch of Sweet Herbs; when all are boiled, prepare the Cruſts of Rolls as uſual, in the ſame Broth your Wood-Pigeons are done in, then put the Bread in your Soop-Diſh, and over it your Wood-Pigeons. Garniſh the Rim of your Diſh with the Roots, pouring in good Veal Gravy over all; then ſerve it hot: The Garniture ſhould only juſt cover the Rim of the Diſh, in order to have Room for the Soop.

You may make Uſe of Quails, or any other Fowl, and Wood-Pigeons may ſerve for Cabbage Soop, as you think fit.

### *A* Pottage *of* Teals *or other Birds with* Muſhrooms

GET ſome Teals, or ſuch like Birds, draw and truſs them; lard them with large Lardoons of Bacon well ſeaſoned, then half roaſt them, and take them off, and ſet

them a doing in a Pot with ſome good Broth, Pepper and Salt, and a Bunch of Sweet-Herbs; when they are half done, have ſome picked Muſhrooms in Readineſs, cut them in ſmall Dice, and toſs them in melted Bacon, putting two good Pinches of Flour to them; your Muſhrooms being enough, put them into the Pot where your Teals are boiling, let them all boil well together; when the Broth is enough order the Cruſts of *French* Rolls as uſual, and put them in your Soop-Diſh, and put your Teals on the Cruſts; and before you ſerve up, put ſome good Gravy to them, with the Juice of a Lemon. Garniſh the Rim of your Diſh with Muſhrooms prepared in the following Manner: Take as many ſmall Muſhrooms as will ſerve to garniſh your Diſh, pick and waſh them, and put them in a Stew-pan, with the Juice of a Lemon, a little Salt, and ſome Broth; when they are done, garniſh the Rim of your Diſh with them, but let them be very white; another time you may force them for the ſame Garniture.

## *A* Pottage *of* Spaniſh Cardoons.

TAKE a *French* Roll or two, and having cut off the Cruſts, put them into a Stew-pan, with ſome good Broth, let it take a Boil or two; when your Cruſts are tender, put them in your Soop-Diſh, and garniſh your Diſh with Cardoons; then lay on your Cruſts two Partridges, or two Pigeons, which you muſt have ready, or elſe a little Loaf of *(Profitrolle)* and ſome Hearts of Cardoons in thin Slices over it: Pour over it ſome good Veal Gravy half thickened, let it be well taſted, and ſerve it hot. When the Veal Gravy is thus prepared, then take a Pound and a half of a Fillet of Veal, and a little Piece of Ham, cut

cut both in Slices, and garniſh the Bottom of a large Stew-pan with it, and an Onion, a Carrot, and a Parſnip; cover it, and let it ſtew gently on a Stove: When the Liquor ſticks to the Pan, and has taken a fine Colour, put in a Piece of Butter, and drudge it lightly over with Flour, then toſs it round about ſeven or eight times over the Stove, and put to it half good Broth and half Gravy; ſeaſon it with a white Chibbol, a little Parſley, a little Sweet Baſil, a few Muſhrooms, and Truffles, if you have any, and with two or three Cloves; let it all boil gently, then take out the Slices of Veal, and ſtrain the reſt through a Strainer; let it be of a good Colour, and uſe it to throw on your Pottage.

## *A* Terrine á la Bavoroiſe.

TAKE half a Dozen Quails all ready truſſed, four middling Pigeons, two young Rabbits; cut off the hind Legs, and lard them with Bacon, and the Backs with ſmall Bacon; cut off the Heads and Flanks, and lard them likewiſe. Take an Eel cut in Pieces the Length of your Rabbits; put in your Stew-pan ſome Slices of Veal and Ham, then put in your Quails and Legs of Rabbits, togegether with Champignons and Truffles; ſeaſon it with Pepper, Salt, Sweet Baſil, Onions, ſome Slices of Lemons, and a Couple of Glaſſes of White Wine; cover them Top and Bottom alike, cover the Stew-pan, ſet it a ſtewing with Fire under and over; it being half done, put in it your Pigeons, with Veal Sweatbreads, and let it ſtew 'till done: Your Eels and Rabbits being larded, put a Stew-pan over the Fire, with half a Bottle of White Wine, ſeaſoned with Salt, Cloves, Sweet Baſil and Onions cut into Slices;

Slices; as ſoon as your Wine boils, put in your Eels, let them boil a little; after that take them out, and put in your Rabbits in a Stew-pan, with ſome Slices of Ham and Veal; moiſten them with Broth, adding to it a Couple of Onions and ſo let them ſtew: When they are ſtewed, take them out, ſtrain the Broth through a Silk Strainer, and put them again into your Stew-pan; then put them over the Fire, and let them ſtew, 'till they turn to Caramel. This done, put in your Rabbits and your Eels; cover your Stew-pan, and put it upon hot Aſhes, that they may glaze, and your Eels may be quite done: Take out your Quails, Pigeons, and Rabbits Legs, place them neatly in a Stew-pan; put the Stew-pan wherein they have been doing over the Fire and moiſten it with a Ladle full of Gravy, and as much Cullis; skim it well, then ſtrain off this Cullis; let it have a good Taſte; place your Quails and Pigeons, *&c*, in your Terrine, and pour your Cullis over them with the Juice of a Lemon, and then your Rabbits and Eels glazed, croſs-ways, laid upon them, and ſerve them up hot.

## *A* Hodge Podge.

GET of the Sticking-Piece of Beef, or Briſcuit, about ſix Pounds, a Knuckle of Veal, a Cow-Heel, and a Pig's Ear; let them be a little more than covered with Water, put them on the Fire, keep skimming them, and let them boil about an Hour; then ſeaſon them with Pepper and Salt; put in Carrots and Turnips, cut in handſome Pieces, not ſliced, ſome Onions, Beet Leaves, Sellery, Thyme, and Winter Savory in a Faggot, to be taken out again, then let them all ſtew over a moderate Fire above two Hours more.

*Another*

## *Another way to make a* Hodge Podge.

GET ſome of the lower End of a Briſcuit of Beef, cut it into Pieces two Inches long and broad, put them into cold Water, then blanch them; when blanch'd, put into a Pot Slices of Beef, and the Briſcuit Piece, with a great many Carrots and Parſnips; then ſeaſon it with Pepper, Salt, a Bunch of Sweet Herbs, half a Dozen Onions, a piece of Ham, and if you think proper, a piece of Cervelas; then cover it with Slices of Beef, moiſten it with Broth, cover the Pot, and put Fire under and over it; when done, take out the Meat and the Carrots; then put the Briſcuit Piece, with other Meat, into a Stew-pan, and dreſs your Carrots as neatly as you can, put them to your Meat, then ſtrain off the Broth the Briſcuit Pieces were boiled in, with the reſt of the Meat, skim it well, and let it be well ſeaſoned; if there is too much Liquor boil it to a ſmaller Quantity; put ſome Butter in a Stew-pan, with a Handful of Flour, ſtir it with a Wooden Ladle 'till it is pretty brown, then moiſten it with the Broth of the Hodge Podge; skim it well, let it be well taſted; put to it Parſley cut ſmall, and put over your Griſtles of Beef and Carrots; keep it hot: Being ready to ſerve up, place it in a Terrine, and ſerve it for Entry. You may ſerve it up in a Diſh as well as a Terrine; you may alſo add to it Mutton Griſtles.

## Plumb-Pottage *for* Chriſtmas.

TO ten Gallons of Water, take a Leg and Shin of Beef, boil it very tender, and when the Broth is ſtrong enough, ſtrain it out, wipe your Pot, and put the Broth

Broth in again; ſlice ſix *French* Rolls, the Crumb only, and mittony it, that is, ſoak it in ſome of the Fat of the Broth over a Stove a Quarter of an Hour, then put in five Pounds of Currants well waſhed, five Pounds of Raiſins, and two Pounds of Prunes; let them boil 'till they ſwell; then put in three Quarters of an Ounce of Mace, half an Ounce of Cloves, two Nutmegs, all of them beat fine, and mix it with a little Liquor cold, and put them in a very little while. Take off the Pot, and put in three Pounds of Sugar, a little Salt, a Quart of Sack, and a Quart of Claret, the Juice of two or three Lemons. You may put in a little Sagoe if you like it. Pour this into earthen Pans to keep it for Uſe.

## *Another* Plumb-Pottage.

GET two Gallons of ſtrong Broth; put to it two Pounds of Currants, two Pounds of Raiſins of the Sun, half an Ounce of Sweet Spice, a Pound of Sugar, a Quart of Claret, a Pint of Sack, the Juice of three Oranges and three Lemons; thicken it with grated Biskets, or Rice Flour, with a Pound of Prunes.

## *A* White Soop.

BOIL a Pound of Rice tender in Water and Milk, then put it in 2 Quarts of ſtrong Broth, Herbs, Balls, a *French* Roll cut in Dice and all fryed; ſeaſon it, and put a forced Chicken in the Middle.

*To*

## *To make a* Veal Glue, *or* Cake Soop, *to be carried in the Pocket.*

TAKE a Leg of Veal, ſtrip it of the Skin and the Fat, then take all the muſcular or fleſhy Parts from the Bones; boil this Fleſh gently in ſuch a Quantity of Water, and ſo long a Time, 'till the Liquor will make a ſtrong Jelly when it is cold: This you may try by taking out a ſmall Spoonful now and then, and letting it cool. Here it is to be ſuppoſed, that tho' it will jelly preſently in ſmall Quantities, yet all the Juice of the Meat may not be extracted; however, when you find it very ſtrong, ſtrain the Liquor through a Sieve, and let it ſettle; then provide a large Stew-pan, with Water, and ſome *China* Cups, or glazed Earthen Ware; fill theſe Cups with Jelly taken clear from the Settling, and ſet them in a Stew-pan of Water, and let the Water boil gently 'till the Jelly becomes thick as Glue: After which, let them ſtand to cool, and then turn out the Glue upon a Piece of new Flannel, which will draw out the Moiſture; turn them once in ſix or eight Hours, and put them upon a freſh Flannel, and ſo continue to do 'till they are quite dry, and keep it in a dry warm Place: This will harden ſo much, that it will be ſtiff and hard as Glue in a little Time, and may be carried in the Pocket without Inconvenience. You are to uſe this by boiling about a Pint of Water, and pouring it upon a Piece of the Glue or Cake, of the Bigneſs of a ſmall Walnut, and ſtirring it with a Spoon 'till the Cake diſſolves, which will make very ſtrong good Broth. As for the ſeaſoning Part, every one may add Pepper and Salt as they pleaſe, for there muſt be nothing of that Kind put among

the Veal when you make the Glue, for any Thing of that Sort will make it mouldy. As we have obſerved above, that there is nothing of Seaſoning in this Soop, ſo there may be always added what you deſire, either of Spices or Herbs, to make it favoury to the Palate; but it muſt be noted, that all the Herbs that are uſed on this Occaſion, muſt be boiled tender in plain Water, and that Water muſt be uſed to pour upon the Cake Gravy inſtead of ſimple Water: So may a Diſh of good Soop be made without Trouble, only allowing the Proportion of Cake Gravy anſwering to the aboveſaid Direction. Or if Gravy be wanted for Sauce, double the Quantity may be uſed that is preſcribed for Broth or Soop. There has been made a Cake Gravy of Beef, which for high Sauces and ſtrong Stomachs, is ſtill of good Uſe; and, therefore, we ſhall here give the Method of it.

### *To make* Cake Soop *of* Beef, *&c.*

GET a Leg, or what they call, in ſome Places, a Shin of Beef, prepare it as preſcribed above for the Leg of Veal, and uſe the muſcular Parts only, as directed in the foregoing Receipt; doing every thing as abovementioned, and you will have a Beef Glue, which, for Sauces, may be more deſirable in a Country Houſe, as Beef is of the ſtrongeſt Nature of any Fleſh: Some preſcribe to add to the Fleſh of the Leg of Beef, the Fleſh of two old Hares, and of old Cocks to ſtrengthen it the more; this may be done at Pleaſure, but the Stock of all theſe Cakes Gravies or Glues is the Firſt. Theſe, indeed, are good for Soops and Sauces, and may be enriched by Sellery, Chervil, Beat, Chards, Leeks, or other Soop Herbs. A little of this is alſo good to put into Sauces, either of Fleſh, Fiſh

or

or Fowl, and will make a fine Mixture with the travelling Sauce.

# CHAP. XVI.

## *Of* FISH.

### *The Times when Fiſh are in Seaſon.*

SEVERN Salmon, in Seaſon from *Allhollandtide* 'till *June.*

*Thames* Salmon, in Seaſon from *April*, and allowed to be caught to *Holy-Rood*, the 13*th* of *September.*

Sturgeon, catch'd in the Eaſtern Parts, in *April*, *May*, and *June*, (excellent Fiſh roaſted freſh) but chiefly eaten pickled, moſt caught at *Hamborough*, and at a Place belonging to the King of *Pruſſia*, called, *Pillow*: Sometimes catch'd in the River *Severn*, and now and then in the *Thames.*

Turbut, in Seaſon all the Year, but ſcarce in the Months of *December*, *January*, and *February.*

Carp Spawn in *May*, in Seaſon all the Year, at ſome Place or other: *Thames* Carp reckoned the beſt.

Whitings and Cod, in Seaſon here chiefly in *November*, but in the Northern Countries longer.

Lampreys, in Seaſon from *Chriſtmas* to *June*, to be potted; catch'd in the River *Severn.*

Mackarels, in Seaſon the latter End of *April*, and continue *May* and *June*.

Lobſters and Crabs, come in in *Auguſt*, and hold 'till *Chriſtmas*, which is called the firſt Seaſon; and from *Chriſtmas* to *June*, is called the ſecond Seaſon.

Oyſters, in Seaſon from the Beginning of *September* to *April*.

Herrings, in Seaſon in *June*, but the biggeſt Seaſon when in full Roe is in *September*, *October*, and *November*.

Trouts, in Seaſon in *April*, *May*, and the Beginning of *June*: *Hampſhire* the chief Country for them.

Soles, Thornback, Crawfiſh, and Eels, always in Seaſon.

## *SALMONS.*

### *To dreſs* Salmon au Court-bouillon.

AFTER having drawn and cleaned your Salmon, ſcore the Sides pretty deep, that it may take the Reliſh of your *Court-bouillon* the better: Lay it on a Napkin, and ſeaſon it with Salt, Pepper, Cloves, Nutmeg, Onions, Cives, Parſley, ſliced Lemon, Bay-Leaf and Baſil. Work up the Quantity of about a Pound of Butter with a little Flour, and put it into the Belly of the Salmon; then wrap the Salmon in the Napkin, bind it about with a Packthread and lay it in a Fiſh-Kettle, of a Size proportionable to the Largeneſs of your Fiſh; put to it a Quantity ſufficient to boil it in, of Wine, Water and Vinegar, and ſet it over a quick Fire: When it is done enough take it off, and keep it

it ſimmering over a Stove, 'till you are ready to ſerve; then take up the Salmon, unfold the Napkin it is in, and lay another in the Diſh in which you intend to ſerve it, place the Salmon upon it. Garniſh with green Parſley, and ſerve it for the firſt Courſe.

### *To dreſs a whole* Salmon, *or Pieces of it* à la Braiſe.

LARD it with large Lardoons, well ſeaſoned, and bind it about with Packthread: Take two or three Pounds of a Fillet of Veal, cut it in Slices, and lay it with ſome Bards of Bacon, on the Bottom of a Stew-pan; cover the Pan, and ſet it over a ſlack Fire; when the Meat begins to ſtick powder it with a Handful of Flour, and give it ſeven or eight Turns over the Stove, keeping it always moving; then moiſten it with good Broth and a few Spoonfuls of Gravy. Lay the Salmon in an oval Stew-pan; pour the Liquor of your Braiſe upon it, and lay it over your Slices of Veal; put in a Bottle of *Champaign* or White Wine. See that there be Liquor enough; ſtrew in a Seaſoning of Pepper, Salt, Spices, and ſavoury Herbs, Cives, Parſley, and ſome Slices of Onion and Lemon, add a Lump of Butter, and lay ſome Slices of fat Bacon over all of it; ſo ſet it to ſtew over a gentle Fire; when it is enough done take it off the Fire, and let it ſtand a Couple of Hours, in the Liquor, to give it a Reliſh; but let the Pan be always covered to keep it warm. When you are ready to ſerve, take it up, drain it, untie the Packthread, lay it in the Diſh you intend to ſerve it in, pour upon it a Ragoo of Crawfiſh made with Gravy, or elſe a Ragoo of Veal Sweetbreads, Cocks-Combs, *&c.* and ſerve it hot.

*The*

### *The ſame dreſſed* Maigre *for* Fiſh Days.

LARD it with Anchovies and the Fleſh of Eels, bind it about with Packthread, and put it in an oval Stew-pan, or Fiſh-Kettle, of the Size of your Fiſh: Put a Lump of Butter as big as your Fiſt, into a Sauce-pan; ſet it over a Stove, and when it is melted, throw in a Handful of Flour and brown it, keeping it always moving; then put to it ſome Fiſh Broth, and pour the whole into the Stew-pan to your Salmon; to which put likewiſe a Bottle of *Champaign* Wine, or White Wine; ſo that there may be Liquor enough to ſtew it in. Seaſon it with Salt, Pepper, ſavoury Herbs and Spices, Onions, Cives, Parſley, and Slices of Lemon; ſo get it ready over a ſlack Fire. When it is enough done, let it ſtand a Couple of Hours in its Liquor, that it may have the Reliſh of it; then take it up, unbind and drain it, lay it in the Diſh you intend to ſerve in, and pour upon it either a Ragoo of Melts, Muſhrooms, and Truffles, or one of Crawfiſh Tails, and its Garniſhings; ſo ſerve it.

### Salmon *in Caſes.*

GET a piece of Salmon; take off the Skin, cut it in thin Slices; mince ſome Parſley, green Onions and Muſhrooms, put your Parſley and green Onions into a Stew-pan, with ſome Butter, ſeaſoned with Pepper and Salt, then put in your Salmon without putting it over the Fire again, and toſs it up to give it a Taſte; place your Slices of Salmon in a Paper Caſe, put your Seaſoning upon it, and ſtrew Crumbs of Bread over all, let it bake to a fine

fine Colour: Your Salmon being done, ſerve it up with Lemon Juice for a ſmall Entry or *Hors d'Oeuvre.*

### *To dreſs a Jole of* Salmon *the* Dutch *Way.*

GET a Jole of Salmon, ſcale and waſh it very clean, and put ſome Water upon the Fire; take your Salmon, and put it upon a Fiſh-plate, which you muſt put into your Kettle: Put a Stew-pan with a little Vinegar over the Fire, ſeaſon your Salmon with Salt, ſome Onions ſliced, Thyme, Sweet Baſil, and Parſley in Branches; then put your Vinegar hot over it, moiſten it with boiling Water, and let the Liquor be of a good Taſte; when done, make a Sauce with a piece of good Butter, a little Flour and Water, a Daſh of Vinegar, a few Anchovies, a little Nutmeg, and ſome Shrimps picked, and thicken it; when ready to ſerve, diſh up your Salmon. Let your Sauce be well taſted, put it upon your Salmon and ſerve it up hot for your Entry.

### *Broiled* Salmon.

BROIL ſome pieces of Salmon, ſeaſoned with Pepper, Salt, and rubbed with Butter. Make a Sauce in this Manner; take ſome Butter, put it into a Stew-pan, with a Duſt of Flour, a green Onion, and an Anchovy. Seaſon the ſame with Salt, Pepper, and Nutmeg, moiſten it with Water, and a little Vinegar, and toſs it over the Stove; put half a Ladleful of Crawfiſh Cullis into it, put it again over the Stove to heat: Let your Sauce be reliſhing, diſh it up, put your pieces of Salmon over it, and ſerve it up hot for Entry.

*Another*

*Another way.*

HAVING cut your Salmon into pieces, melt ſome good Butter in a Stew-pan, ſeaſon it with Salt, Pepper, and Bay-Leaves, then put in your pieces of Salmon, to take a Taſte; then broil them gently. Make a white Sauce in this Manner. Put good freſh Butter into a Stew-pan, with a Duſt of Flour, a Couple of Anchovies minced, take out their great Bones and waſh them, add ſome Capers, Salt, Pepper, Nutmeg, whole green Onions, with a little Water and Vinegar: Your Salmon being broiled, toſs it up, and let it be well taſted, then take out your Onions, put your Sauce over your pieces of Salmon, and ſerve it up hot for Entry.

## *TURBUTS.*

*A* Turbut au Court-bouillon.

HAVING gutted, waſhed and dryed your Turbut, fold it up in a Napkin, and lay it in a large round Sauce-pan; put as much Salt and Water into another Sauce-pan as will be ſufficient to boil it, ſtir it about from Time to Time, 'till the Salt is melted; then let it ſtand awhile, and ſtrain it through a Linnen Cloth into the Sauce-pan to the Turbut. When it is enough take a Sauce-pan, and ſet over live Embers; put in two Quarts of Milk, and let it ſtand till you are ready to ſerve; then take up the Turbut, lay it on a Napkin folded, in a Diſh. Let your Garniſhing be green Parſley, ſo ſerve it for the firſt Courſe.

*A* Turbut

## *A* Turbut *with Veal Gravy.*

HAVING prepared your Turbut, lay it in a large round Sauce-pan, with a Seaſoning of Salt, Pepper, two Bunches of Sweet Herbs, two Onions ſtuck with Cloves, and one Bay-Leaf: Lay into another Sauce-pan, two or three Pounds of a Fillet of Veal cut in Slices, and ſome Bards of Bacon; cover the Sauce-pan, and ſet it over a Stove with a ſlack Fire: When the Meat begins to ſtick, put in a piece of Butter, and a ſmall Handful of Flour; ſtir it about over the Stove with a wooden Spoon, and when it is brown, moiſten it with good Broth, and ſcrape off with the Spoon all that ſticks to the Sauce-pan; cover the Turbut with Slices of Bacon; make a Bottle of *Champaign* or White Wine boiling hot, pour it on the Turbut with the Veal Gravy, and lay the Slices upon it; ſo ſet it a ſtewing, and when it is enough done, let it ſtand in the Liquor a Couple of Hours over live Embers, that it may have the Reliſh of it: Then ſerve it for the firſt Courſe, with a a Ragoo of Sweetbreads, Cocks-combs, Truffles and Muſh-rooms, or with a Ragoo of Crawfiſh.

We likewiſe dreſs a Turbut for Fiſh Days in the ſame Manner, only that inſtead of the above Ingredients of Fleſh, we uſe Butter and Fiſh Broth, and ſerve it with a Ragoo of the Melts of Carps, or with any other meagre Ragoo.

## *To bake a* Turbut.

LAY ſome Butter in a ſilver Diſh, of the Size of your Turbut, and ſpread it all over it; let your Seaſoning be Salt, Pepper, a little ſcraped Nutmeg, ſome

minced Parſley, ſome whole Cives, near a Pint of *Champaign* or White Wine: Cut off the Head and Tail of the Turbut, and having laid it in the Diſh, ſeaſon it above as under, rub it over with melted Butter, drudge it well with Bread crumbed very ſmall, and bake it in an Oven, take care it be very brown, and ſerve it with a Crawfiſh Cullis, or with a Sauce of Anchovies; we ſometimes ſerve it dry.

### Turbuts *the* Italian *Way.*

TAKE a middling Turbut, gut, waſh, and drain it, take a baking Pan, and put in it ſome Slices of Bacon, Sweet Baſil, and Lemon cut in Slices; now put in your Turbut, ſeaſon it with Salt, Pepper, fine Spice, Cloves, Lemon Juice, and Lemons cut in Slices; cover it with ſome Slices of Bacon, and put it to bake in the Oven: Mince a Dozen Shalots, put them into a Stew-pan with a Glaſs of *Champaign*, put in ſome Beef Gravy, a little Gravy of Ham; put it over the Fire, and put in it two Spoonfuls of good Oil, the Juice of two Lemons, ſome Salt and pounded Pepper; your Turbut being done, diſh it up, put your Sauce over it; ſerve it up hot for a firſt Courſe or Remove.

## *C O D.*

### *To crimp* Cod *the* Dutch *Way.*

TAKE a Gallon of Pump Water, put in one Pound of Salt, and boil it half an Hour; skim it well; you may put in a Stick of Horſe-Radiſh, a Faggot of Sweet Herbs, and one Onion, but Water and Salt are beſt; put in

in your Slices of Cod when it boils, and three Minutes will boil them: Take them out and lay them on a Sieve or Pye-plate, and ſend away with raw Parſley about it, and oily Butter in a Cup.

### *To roaſt a* Cod's Head.

TAKE the Head, waſh and ſcour it very clean, then ſcotch it with a Knife, and ſtrew a little Salt on it, and lay it on a Stew-pan before the Fire with ſomething behind it; throw away the Water that runs from it the firſt half Hour; then ſtrew on it ſome Nutmeg, Cloves, Mace and Salt, and baſte it often with Butter, turning it 'till it is enough. If it be a large Head it will take four or five Hours roaſting; then take all the Gravy of the Fiſh, as much White Wine, and more Meat Gravy, ſome Horſe-Radiſh, one or two Shalots, a little ſliced Ginger, ſome whole Pepper, Cloves, Mace, and Nutmeg, a Bay-Leaf or two; beat this Liquor up with Butter, and the Liver of the Fiſh boiled, and broke, and ſtrained in it, and the Yolks of two or three Eggs, ſome Oyſters and Shrimps, with Balls made of Fiſh, and fried Fiſh round it. Garniſh with Lemon and Horſe-Radiſh.

### *To boil a* Cod's Head.

SET a Kettle on the Fire with Water, Vinegar and Salt, a Faggot of Sweet Herbs or an Onion or two: When the Liquor boils put in the Head on a Fiſh Bottom, and in the boiling put in cold Water or Vinegar; when it is boiled, take it up, or put it in a Diſh that fits your Fiſh Bottom: For the Sauce, take Gravy or Claret boiled up with a Faggot of Sweet Herbs, or an Onion, two or three

Anchovies drawn up with two Pounds of Butter, a Pint of Shrimps, Oyſters, the Meat of a Lobſter ſhred fine, then put the Sauce in Silver or *China* Baſons, ſtick ſmall Toaſts on the Head, lay on, and about it, the Spawn, Melt, or Liver. Garniſh it with fried Parſley, ſliced Lemon, Barberries, or Horſe-Radiſh, and fried Fiſh.

## *A ſtewed* Cod.

TAKE your Cod and lay it in thin Slices in the Bottom of a Diſh, with a Pint of Gravy, and half a Pint of White Wine, ſome Oyſters and their Liquor, ſome Salt, and Pepper, a little Nutmeg, and let it ſtew 'till it is almoſt enough, then thicken it with a Piece of Butter rolled in Flour, let it ſtew a little longer; ſerve it hot, Garniſh with Lemon ſliced.

## Fricaſey *of* Cod.

GET the Sounds, Roes, *&c.* of ſeveral Cods, ſplit them and ſcrape them well; then blanch them: Being blanched, put them in freſh Water, waſh them very clean, and cut them into ſquare Pieces, the Bigneſs of the End of a Thumb. Then put a Lump of Butter in a Stew-pan, toſs it up with an Onion cut ſmall; after that put in your Pieces, and give them two or three Toſſes; this done, put a little Flour over them, moiſten them with a little Fiſh Broth, ſeaſoned with Salt, Pepper, Sweet Herbs, fine Spice, and let them ſtew gently: Being done, thicken it with Yolks of Eggs, Parſley cut ſmall, with a Daſh of Vinegar or Verjuice, and ſerve them hot for Entry.

Fricaſey

### Fricaſey *of* Cod *the* Italian *Way.*

GET the Sounds of Cods according to the Bigneſs of the Diſh you will make; cut them into Fillets, and toſs them up in Oil with an Onion cut ſmall, moiſten them with a Glaſs of White Wine, and a little Fiſh Broth, ſeaſoned with Salt, Pepper, and beaten Spice, and let them ſtew ſoftly; let them be of a good Taſte; thicken them with Yolks of Eggs, much Lemon Juice, and Parſley cut ſmall. You may add Champignons and Truffles; being thickened, diſh them up, and ſerve them hot for Entry.—You may alſo make them in Hotch-Potch, called, *Menu du Roi*, or like Beef Palates, and Hog's Ears: And you may likewiſe fill up theſe Sounds with Forced-Meat made with the Fleſh of *Cabillau*, or other Fleſh cut into Slices mixed with Force-Meat done in a Seaſoning; ſerve them up with a White Sauce, or an *Italian* Sauce. You garniſh your Diſh with ſoft Roes of Cods fried.

## *CARPS.*

### *To ſtew* Carps white.

FIRST ſcale them, gut them and cleanſe them; ſave the Roes and Melts, then ſtove them in ſome good white Broth, and ſeaſon them with Cloves and Mace, Salt, and a Faggot of Herbs; put in a little White Wine, and when ſtewed enough, thicken your Sauce with the Yolks of five Eggs, and paſs off the Roes, and dip them in the Yolks of Eggs, and Flour, and fry them with ſome Sippets of *French* Bread; then fry ſome Parſley, and when you

you diſh them, garniſh with the Roes, Parſley and Sippets.

### *To ſtew* Carps *brown.*

SCALE and cleanſe them, then paſs them off in brown Butter on both Sides, or lay them in your Pan raw; ſtrew all over ſome grated Bread, Pepper and Salt, Thyme and Parſley minced; put into them one Quart of Claret, and one Pint of Gravy, according to the Largeneſs of your Fiſh; they muſt not be quite covered; put in alſo four Anchovies, ſome grated Horſe-Radiſh, one Shalot chopped ſmall, two Slices of Lemon and a Piece of Butter, Gold Colour, with a Spoonful of Flour, and put to your Carp, which will thicken it as Cream; fry ſome Sippets with the Roe and Melt, and ſome Parſley to ſerve up hot.

### *To fry* Carp.

AFTER having ſcaled and drawn them, ſlit them in two, ſtrew them over with Salt; drudge them well with Flour, and fry them in clarified Butter. When they are fried, you may either ſerve them dry, and eat them only with Juice of Orange, or elſe you may prepare a Ragoo of Muſhrooms, the Melts of Carps and other Fiſh, and Artichoke Bottoms: Fry ſome thin Slices of Bread, and put them into the Sauce, together with ſome ſliced Onion and ſome Capers, let them boil in it. Diſh up your Carp, throw your Ragoo upon it, and let your Garniture be fried Cruſts of Bread and ſliced Lemon.

*To*

### *To dreſs* Carp á la daube.

GET a Couple of Soals and a Pike, and bone them: Of the Fleſh of them make a Farce, haſhing it very ſmall, together with a few Cives, ſome Spice, Salt, Pepper, Nutmeg, freſh Butter, and ſome Crumb of Bread ſoak'd in Cream: Thicken your Farce with Yolks of Eggs. Then take a large Carp, fill the Body of it with this Farce, and put it a ſtewing in an oval Stew-pan, over a little Fire, in White Wine, ſeaſoned with Salt, Pepper, Cloves, ſome Slices of Lemon, a Bunch of Sweet Herbs, and good freſh Butter: While it is a ſtewing get ready a Ragoo of Muſhrooms, Truffles, Morels, Artichoke Bottoms, Melts of Carp, and Tails of Crawfiſh: Lay your Carp on an oval Diſh, pour your Ragoo upon it, and ſerve it up very warm.

### *Another Way to ſtew* Carps.

CUT them in Pieces according to their Size, ſet them a ſtewing in a Kettle or Sauce-pan, with White Wine or Claret, and ſeaſon them well with Salt, Pepper, Onion ſhred ſmall, Capers and ſome Cruſts of Bread: Let all this ſtew together, and when it is enough, and the Sauce grown thick, ſerve it up.

### *A* Carp à la Chambor.

YOU muſt take a large Carp, ſcale and waſh it, lard it with thick Bacon and Ham; being larded, take half a Dozen of Pigeons with fat Livers, Sweetbreads, Muſhrooms and Truffles, if you have any; put altogether for a Moment, in a Stew-pan, ſeaſon it with Pepper, Salt, Sweet

Sweet Herbs, a little Cullis, and Lemon Juice; then put this into your Carp, and ſew it up. Lay a Napkin over your Dreſſer, take ſome Slices of Bacon, ſpread them over your Napkin the Length of your Carp, put more Slices over it; then fold it up in the ſame Napkin, and tie it on both Ends; then take a Leg of Veal, cut it into thin Slices; put them in a Stew-pan with ſmall Slices of Ham, Onions and Carrots cut alſo into Slices: Put the Stew-pan over the Fire, let them ſweat like Gravy of Veal; and when they begin to ſtick, moiſten them with Broth; then put them in an oval Stew-pan, together with the Meat and Gravy: Now put in your Carps ſeaſon'd with Pepper, Salt, Sweet Herbs, Cloves, Mace, three Bottles of White Wine, and a Lemon cut into Slices: Cover your Carp with the Liquor, let it boil very gently. Make a Ragoût with Sweetbreads of Veal, Muſhrooms, Truffles, Cocks-Combs, fat Livers and ſoft Roes of Carps. Take half a Dozen of young Pigeons, which you dreſs *au Soleil*, or with Sweet Baſil, or inſtead of Pigeons, a Couple of Chickens cut in four and marinated, or elſe larded with thin Bacon, and glazed like Fricandos. Take half a Dozen of Sweetbreads of Veal, larded with fine Bacon; let them ſtew and glaze like Fricandos. Take alſo a Dozen of large fine Crawfiſh; boil them, then pick their Tails, cut off the ſmall Claws; if you have Crawfiſh enough to make a Cullis, you may uſe it inſtead of other Cullis. Your Carp being done and ready to be ſerved up, take it out, let it drain, keep in Readineſs your Ragoût of Pigeons, Sweetbreads of Veal and Crawfiſh; unfold the Napkin take off the Fat; then diſh up your Carp with the Ragoût over it. Garniſh your Diſh with

with one Crawfiſh, one Pigeon, and one Sweatbread, placed by turns 'till it is full; ſerve it up hot.

Theſe Sorts of Entries generally ſerve to remove Soops.

### *Entry of* Carps à l'Eſtoufade.

SCALE and waſh your Carps, gut and waſh the Inſide with Wine; take an oval Stew-pan, the Bigneſs of the Carp, put in ſome Onions cut in Slices, and then your Carp; ſeaſon it with Pepper, Salt, Cloves, a Daſh of Vinegar and a Bottle of Wine, moiſten it with hot Water, put it over a Stove, let it ſtew; when ſtewed, take it off, put Wine with which you have waſhed your Carp into a Stew-pan, with ſome Anchovies cut ſmall; let it have a boil or two, then ſtrain it off; put it again into the Stew-pan with a good Lump of Butter, and a Duſt of Flour to thicken the Sauce, add Lemon Juice: Put your Stew-pan over the Fire, thicken your Sauce, let it be reliſhing; being well done, put in ſome good Buttter rowled in Flour, take out the Bunch: Being ready to ſerve diſh it, and ſerve it up hot.

### *Other Entry of* Carps *ſtewed.*

TAKE a Carp, ſcale, waſh and gut it, ſplit it in two, cut each half in three Pieces, put them in a Stew-pan, with a Dozen of ſmall Onions blanched, ſeaſon them with Pepper and Salt, a Bunch made with Parſley and Sweet Herbs; moiſten them with half a Bottle of good Wine, put them a ſtewing, take ſome Butter, put it in a Stew-pan with ſome Flour; put it over the Fire, ſtir it 'till it begins to have a Colour; moiſten it with a little Fiſh Gravy, or with Water; this being well mixed and ſtirred to-

gether, put it into the Stew-pan with your Carp: Let it be reliſhing, diſh it, and ſerve it up hot.

### *Entry of a broiled* Carp.

SCALE and gut your Carp, ſlice it upon the Back, rub it with melted Butter, pepper and ſalt it, then broil it; put to it a Ragoût made with Muſhrooms, ſoft Roes, Artichoke Bottoms, with Onions and Capers: Being ready to ſerve, diſh it, with this Ragoût over it; ſerve it up hot.

### *A forced* Carp.

GET a Couple of Soals with a Pike, bone them, mince the Fleſh with a few Onions, fine Spice, Pepper, Salt, Nutmeg, freſh Butter, and ſome Crumbs of Bread boiled in Cream or Milk; thicken your minced Fleſh with Yolks of Eggs, with the Whites whipped up to Snow. Take a large Carp, fill it with this minced Fleſh, ſtew it with White Wine in an oval Stew-pan, over a ſlow Fire, ſeaſoned with Pepper, Salt, Cloves, a Bunch of Sweet Herbs and freſh Butter. Keep in Readineſs a large Ragoût made with Morels, Truffles, Muſhrooms, Bottoms of Artichokes, ſoft Roes of Carps, and Crawfiſh Tails; let it be palatable: Make your Ragoût pretty thin; put to it a good Cullis of Crawfiſh, or any other Cullis, then diſh your Carp with the Ragoût over it; ſerve it up hot.

## *LAMPREYS.*

The beſt of this Sort of Fiſh are taken in the River *Severn*, and when they are in Seaſon, the Fiſhmongers and others in *London*, have them generally potted from *Glouceſter*;

*Glouceſter*; but if you are where they may be had freſh, they are to be dreſs'd different Ways.

## *To fry* Lampreys.

BLEED them and keep the Blood; then waſh them in hot Water to take off their Slime, and cut them in Pieces. Fry them in clarified Butter with a little fried Flour, White Wine, Salt, Pepper, Nutmeg, a Bunch of fine Herbs and a Bay-Leaf; fry all this together very well, then put in the Blood, with a few Capers, and ſerve it hot.

## *To dreſs* Lampreys *with ſweet Sauce.*

HAving ſliced and cut them in Pieces, take out the String that runs along their Backs: Toſs them up in Butter and a little fried Flour, 'till they are brown; then add ſome Red Wine, a little Sugar, Cinamon, Salt, Pepper, and two or three Slices of Lemon; when they are enough done, put in the Blood, give them a Turn or two more; ſo diſh up your Ragoo and ſerve it hot.

## *To make a* Lamprey-Pye.

CLEANSE them well from the Slime, ſet by the Blood, and let your Seaſoning be Salt, Pepper, Currants, Dates, beaten Cinamon, candid Lemon-Peel and Sugar; then put them into a Pye; when it is baked, pour in the Blood and a little White Wine, and when you ſerve it ſqueeze in the Juice of a ſmall Lemon.

## *To broil* Lampreys.

HAving taken off the Slime, cut them in Pieces, as you do Eels, that you intend to broil; melt a Lump of Butter, and put to it ſome ſhred Cives, Parſley, and ſavoury Herbs, with Pepper and Salt; put your Pieces of Lamprey into the Sauce-pan, and ſtir it all well together; then take them out, and drudge them with very fine Crumbs of Bread, and broil them over a gentle Fire. Serve them with a brown Sauce made as follows: Take a little Lump of Butter, put it into the Sauce-pan, with a Pinch of Flour, and brown it; add ſome Cives, Parſley and Muſhrooms, all ſhred very ſmall, a few Capers and an Anchovy, and ſeaſon the Whole with Pepper and Salt; moiſten it with a little Fiſh Broth, and thicken it with a Crawfiſh or other Cullis. Pour this Sauce into the Bottom of your Diſh, lay your Lampreys all round it, and ſerve them hot.

We ſerve it likewiſe with a ſweet Sauce made with Wine or Vinegar, a Lump of Sugar, a ſmall Stick of Cinamon, and a Bay-Leaf, all boiled together. Then we take out the Cinamon and Bay-Leaf, pour the Sauce into a Diſh, and lay the broil'd Lamprey round it; ſo ſerve it warm.

Sometimes we ſerve a broil'd Lamprey with Oil, in this Manner: We take ſome Oil and Vinegar, Pepper, Salt, a little Muſtard, one Anchovy, a few Capers, and a little Parſley, ſhred very ſmall; we beat all this together in a Porringer, then pour it into a Saucer, which we place in the Middle of the Diſh, and garniſh it all round with Lampreys; ſo ſerve it.

At

At other Times we ſerve our broil'd Lamprey dry, in Plates or little Diſhes.

## *E E L S.*

The Eels that are taken in Rivers or Running Waters are better than Pond Eels; and of them too the Silver ones are moſt eſteemed.

### *Several Ways to dreſs* Eels, *according to Mr.* LAMB.

### *To farce* Eels.

YOU may farce them on the Bone in the Nature of a white Pudding, you make your Farce of the Fleſh of your Eels, which you muſt pound in a Mortar, and to it put ſome Cream, ſome Crumbs of Bread, with Parſley, Cives, Truffles and Muſhrooms, ſeaſoned as uſual. Lay this Farce very handſomely on the Bones of your Eels, drudge them well with very ſmall Crumbs of Bread, and bake them in an Oven in a Tart-pan, 'till they are of a fine brown Colour.

### *To dreſs* Eels *with white Sauce.*

SKIN them, and cut them in Pieces, and blanch them in boiling Water; then dry them with a Napkin, toſs them up in Butter, with Salt, Pepper, Cloves, and Lemon Peel, together with a Glaſs of White Wine. Toſs up likewiſe ſome Artichoke Bottoms, Muſhrooms and Aſparagus Tops, with Butter, and ſavoury Herbs; then make a white Sauce with the Yolks of Eggs and Vetjuice; ſo ſerve them.

*To*

### *To dreſs* Eels *with brown Sauce.*

WHEN you have cut them in Pieces, toſs them up in clarified Butter, a little Flour, a little Fiſh Broth, or thin Puree, Muſhrooms, Cives and Parſley ſhred very ſmall, and a Faggot of Herbs; to which add Salt, Pepper, Cloves, and Capers; make all this boil together, and when your Ragoo is almoſt ready, put to it a little Verjuice and White Wine, and let it boil a little longer; then thicken it with an Egg to take off the Fat, and ſerve it warm.

### *To fry* Eels.

STRIP them, take out the Bones, cut them in Pieces, and lay them to marinate for two Hours in Vinegar, Salt, Pepper, Bay-Leaves, ſliced Onion and Juice of Lemon; then drudge them well with Flour, and fry them in clarifyed Butter; ſerve them dry with fried Parſley.

### *To broil* Eels.

AFTER having ſtripped and cut them in Pieces, make Gaſhes in them, and lay them awhile in melted Butter, a few ſavoury Herbs, Parſley, Onion, Pepper, and Salt, then warm this a little, and ſhake it all well together; this done, take out the Eels Bit by Bit, drudge them with the Crumbs of Bread, and broil them over a gentle Fire 'till they are of a fine brown Colour; when they are broiled make a brown Sauce with Cives, Parſley and Capers, then put your Sauce in the Diſh, and lay the Eels round it.

We likewiſe ſerve broiled Eels with green Sauce, which we make as follows. Pound ſome Sorrel and ſqueeze out the Juice: Then cut an Onion very ſmall, and toſs it up with Butter and minced Capers: Mix with it your Juice of Sorrel, ſqueeze in an Orange, and add ſome Pepper and Salt; ſo ſerve it for the firſt Courſe. We alſo ſometimes ſerve it with *Sauce Robart.*

### *To dreſs* Eels à la daube.

MINCE the Fleſh of Eels and Tench, ſeaſon it with Salt, Pepper, Cloves, and Nutmeg; cut the Fleſh of another Eel into Lardoons, of which lay one Layer on the Skins, and then another of the minced Fleſh, continuing to do ſo, 'till you have made it into the Shape of a Brick of Bread; wrap it up in a Linnen Cloth, and ſtew it in half Water, half Red Wine, ſeaſoned with Cloves, Bay-Leaf and Pepper. Let it cool in its own Liquor, cut it in Slices, and ſerve it in Plates or little Diſhes.

### *To dreſs* Eels *the* Engliſh *Way.*

RUB an Eel with Salt, then with a Towel, to take off the Slime, skin it and cut it in three or four Pieces, according to its Length; lay them in a Diſh, and pour on them ſome good White Wine; when they have lain a little while in it, take them out, and cut Notches from Space to Space on the Back and Sides, fill up theſe Inciſions with a ſort of Farce, which make as follows: Take the Crumb of White Bread, and crumb it very ſmall; take likewiſe all Sorts of ſavoury Herbs, Parſley and Cives and ſhred them very ſmall; ſome Pepper, Cloves, Nutmeg and Salt;

Salt; add to this the Yolks of ſome hard Eggs, a convenient Quantity of freſh Butter, and having mixed all this together, fill up with this Farce the Inciſions you made in the Eel; which you then ſlip again into its Skin, and tie it at both Ends, prick it in ſeveral Places with a Fork, and then either roaſt it on the Spit, or broil it on the Gridiron; when it is done enough, take off the Skin, and ſerve it dry with Juice of Lemons, or elſe make a White Sauce of good Butter, Vinegar, Salt and White Pepper, together with Anchovies and Capers.

*Note*, That only the large Eels are dreſſed in this Manner.

### *To ſpitchcock an* Eel.

YOU muſt ſplit a large Eel down the Back, and joint the Bones, but do not ſtrip off the Skin; cut the Fiſh in three or four Pieces, and while they are boiling over a gentle Fire, baſte them with Butter, Vinegar and Salt. Uſe no other Sauce but Butter and Juice of Lemon.

*For* Collar'd Eel, *ſee among the Receipts for* Collaring.

## *TENCH.*

### *To ſtew* Tench.

CUT them in Pieces, and fry them in browned Butter; then ſet them to ſtew in the ſame Butter with White Wine, Verjuice, Salt, Pepper, Nutmeg, a Bunch of Sweet Herbs, a Bay-Leaf or two, and a little Flour. When the Fiſh is ſtewed enough, put in ſome Capers, and Oyſters, with

with the Juice of Muſhrooms, and Lemon. Garniſh the Diſh with fried Bread.

## *A* Fricaſey *of* Tench *with a White Sauce.*

HAving taking off the Slime, gut them, and cut off their Heads; ſlit them in two, and cut each Half in three Pieces. Melt ſome Butter in a Sauce-pan, and put in your Tench, together with a few Muſhrooms. Let your Seaſoning be Salt, Pepper, a Bunch of Sweet Herbs, and an Onion ſtuck with Cloves: Toſs up all this together, and then add to it a little boiling Water, and a Pinch of Flour; make a Pint of White Wine boiling hot, and put it into the Fricaſey; when it is waſted away as it ought to be, prepare a Thickening with the Yolks of three or four Eggs, beat up in a little Verjuice or boiled White Wine, and bind your Fricaſey with it, as you do one of Pullets; put in a little minced Parſley, and a little ſcraped Nutmeg; ſo ſerve it.

## *A* Fricaſey *of* Tench *with a Brown Sauce.*

HAving prepared your Tenches, as in the laſt Receipt, put ſome Flour and Butter into a Sauce-pan, and brown it; then put in your Tench with Muſhrooms, and the Seaſoning laſt above-mentioned; when you have toſſed them up, moiſten them with a little Fiſh Broth, or Juice of Onion, and having boiled a Pint of White Wine, put it into your Fricaſey; when it is enough, bind it with a brown Cullis, and ſerve it. When Aſparagus and Artichoke Bottoms are in Seaſon we uſe them in this Fricaſey, having firſt blanched them.

## *To farce* Tench.

YOU muſt take off the Slime, and ſlit the Skin along the Back of your Tenches, and with the Point of your Knife raiſe it up from the Bone; then cut the Skin croſs-ways at the Tail and Head, and ſtrip it off; then take out the Bone. This done, bone a Tench or a Carp; put to the Fleſh of it, ſome Muſhrooms, a little Parſley and ſome Cives; ſeaſon it with Salt, Pepper, ſweet Spices, and a very little Sweet Herbs; then having minced it all well together, pound it in a Mortar, put to it a Piece of Butter, the Yolks of three or four raw Eggs, the Bigneſs of a couple of Eggs of the Crumb of Bread ſoaked in Cream, and pound it all well together; then farce your Tenches with it, and ſew them up. Set a Pan over the Stove with ſome clarified Butter, and when it is hot fry the Tenches in it, one by one, 'till they are brown, and then take them up. Melt the Bigneſs of two Eggs of Butter in a Sauce-pan, then put to it a little Flour, and keep moving it 'till it is brown, moiſten it with a little Fiſh Broth, and a little White Wine boiling hot; lay your Tenches into this brown, adding a Seaſoning of Salt, Pepper, a Bunch of Sweet Herbs, an Onion ſtuck with Cloves: So keep them ſimmering in it over a gentle Fire; when they are enough, lay them in a Diſh, pour on them a Ragoo of Melts, and ſerve them.

At other Times they may be ſerved with a Ragoo of Crawfiſh or Oyſters.

You may likewiſe broil theſe farced Tenches, rubbing them firſt over with melted Butter or Salt; and when they

are

are broiled of a fine brown Colour, ſerve them with a Ragoo of Truffles or Muſhrooms.

## *Boiled* Tench.

TAKE Tench, freſh from the Pond, gut them, and clear them from their Scales; then put them into a Stew-pan, with as much Water as will cover them, ſome Salt, ſome whole Pepper, ſome Lemon-Peel, a Stick of Horſe-Radiſh, a Bunch of Sweet Herbs, and a few Cloves; then boil them 'till they are tender, and when they are enough, take ſome of the Liquor, and put to it a Glaſs of White Wine, and a little Lemon Juice, or Verjuice, and an Anchovy ſhred: Then boil it a few Minutes, and thicken it with Butter rubbed in Flour, toſſing up a Pint of Shrimps with the Sauce, and pour it over the Fiſh. Serve it with Garniſh of fried Bread, cut the Length of one's Finger, ſome Slices of Lemon and Horſe-Radiſh ſcraped, with ſome pickled Muſhrooms, if you will, or you may toſs ſome of them in the Sauce.

## *To bake* Tench.

TAKE your Tench freſh from the Pond, gut them and clean them from the Scales, then kill them, by giving them a hard Stroke on the Back of the Head, or elſe they will live many Hours, and even jump out of the Pan in the Oven, when they are half enough. Then lay them in a Pan, with ſome Muſhrooms, Katchup, ſome ſtrong Gravy, half a Pint of pickled Muſhrooms, as much White Wine as Gravy, three or four large Shalots, an Anchovy or two, two or three Slices of fat Bacon, ſome Pepper, Cloves, and Nutmeg, at Pleaſure, a little Salt, ſome

Lemon Peel, and a Bunch of Sweet Herbs; then break ſome Bits of Butter, and lay them on your Fiſh, then cover all as cloſe as you can, and give them an Hour's bakeing.

When they are enough, lay them in a hot Diſh, and pour off the Liquor, and ſtrain it, only preſerving the Muſhrooms; then add to it a Spoonful of Lemon Juice, and thicken your Sauce with the Yolks of four Eggs, beaten with Cream, and mixed by degrees with the Sauce. Pour this over your Fiſh, and ſerve it hot with a Garniſh of Beat Roots ſliced, ſome Slices of Lemon Peel, and ſome Horſe-Radiſh ſcraped.

### *Another way to bake* Tenches.

PRepare and farce your Tenches as above; rub a ſilver Diſh or a Paſty-pan with Butter; over which lay a Seaſoning of Salt, Pepper, Sweet Herbs and Spices, an Onion cut in Slices, ſome whole Cives, and a little minced Parſley; then lay in your Tenches: Lay ſome of the ſame Seaſoning over them, ſprinkle them with melted Butter, drudge them with very fine Crumbs of Bread, and bake them in an Oven; we ſerve them with Ragoos of all Sorts, *Legumes*, which muſt be laid under them; or with a Cullis of Crawfiſh, or with Anchovy Sauce, and ſometimes dry.

## *BARBELS.*

## *BARBELS.*

### *To ſtew* Barbels.

HAVING ſcaled and drawn your Barbels, put them into a Stew-pan, with Wine, freſh Butter, Salt, Pepper, and a Bunch of Sweet Herbs; when they are ready, knead a Bit of Butter with a little Flour, and put it in to thicken the Sauce; ſo ſerve them.

Others dreſs them as above, excepting the Butter, of which they uſe none: But when the Barbels are ſtewed, then ſerve them up with a Ragoo made of Muſhrooms, Truffles, Morels, Artichoke Bottoms, Salt, Pepper, freſh Butter, Broth made of Fiſh, or Juice of Onions.

### *To dreſs* Barbels au Court-Bouillon.

IT is generally the largeſt Fiſh that is dreſſed in this Manner: Take, therefore, a large Barbel, and draw it, but do not ſcale it. Lay it on a Diſh, and throw on it Vinegar and Salt ſcalding hot: Then ſet your Fiſh over the Fire with White Wine, Verjuice, Salt, Pepper, Cloves, Nutmeg, Bay Leaves, Onions, Lemon, or Orange Peel; when it boils very faſt put in your Barbel; and when it is boiled, take it up and ſerve it dry upon a clean Napkin, inſtead of a Diſh of Roaſt Meat. Let your Garniture be Parſley or Garden Creſſes.

### *To broil* Barbels.

HAving ſcaled and drawn them, cut ſmall Notches in their Sides; then rub them over with melted Butter, and ſtrew pounded Salt upon them, ſo broil them on a Gridiron

Gridiron. Let the Sauce be freſh Butter, with Salt, Pepper, Nutmeg, Capers, Anchovies, and Cives ſhred ſmall; uſe a little Flour to thicken it, and put in a little Water with two or three Drops of Vinegar, and keep it continually ſhaking 'till it is come to a due Thickneſs, then pour it on the Fiſh. Let your Garniture be fried Muſhrooms, with Roes of Carps and Slices of Lemon.

### *To haſh* Barbels.

BONE them, and haſh the Fleſh; put it into a Sauce-pan, and dry it over the Fire 'till it is grown white; then mix it with Muſhrooms, Truffles, Cives, and Parſley cut very ſmall: Brown ſome freſh Butter in a Sauce-pan with a little Flour, and put in the Haſh; let it have two or three Turns, ſeaſon it with Salt, Pepper, and a Slice or two of Lemon; moiſten it with ſome Fiſh Broth, and three or four Spoonfuls of Crawfiſh Cullis, or of other Fiſh to thicken it, and ſerve it hot for a firſt Courſe.

### *To boil* Barbels.

AFTER they are ſcaled and drawn, make ſmall Inciſions in the Sides of them; then rub them with melted Butter, and ſtrew them over with pounded Salt: This done, lay them on the Gridiron, and when they are broiled, make your Sauce with freſh Butter, Salt, Pepper, Nutmeg, Anchovies, Capers, Cives ſhred ſmall, with a little Flour to thicken it, put to it likewiſe a Drop of Water, and as much Vinegar, ſhaking it continually 'till it be thickened, and then pour it on your Fiſh: Otherwiſe you may uſe the ſame Sauce as for a roaſted Pike.

### *MULLETS.*

## *MULLETS.*

There are two Sorts of Mullets, the Sea-Mullet and River-Mullet, both equally good.

### *To boil* Mullets.

BOIL the Fiſh, but lay by the Roes and Livers, when the Fiſh is boiled, pour away moſt Part of the Water, and put into the reſt a Pint of Claret, ſome Salt and Vinegar, and two ſliced Onions, with a Bundle of Winter Savoury, Marjoram and Thyme, ſliced Nutmeg, broken Mace and the Juice of a Lemon. Boil all theſe well together, then put in the Fiſh, and when you judge that it taſtes ſtrong of the Ingredients, put in three or four Anchovies, and ſerve it up with ſtewed Oyſters.

### *To broil* Mullets.

AFTER having ſcaled and gutted them, we cut Gaſhes in the Sides of them; dip them in melted Butter, and then broil them. We make a Sauce with clarified Butter, fried Flour, Capers, Slices of Lemons, Faggot of Herbs, Pepper, Salt, Nutmeg, and Verjuice, or Juice of Orange.

### *To fry* Mullets.

HAving prepared them as above, fry them in clarified Butter: Let your Sauce be ſome of the ſame Butter in which they were fried, with Anchovies, Capers, Juice of Orange, and Nutmeg. Rub the Diſh with a Shalot, or a Clove of Garlick.

You may likewiſe put them in a Pie, as you do ſeveral other Fiſh.

*To*

### *To marinate a* Mullet.

YOU muſt, to a Quart of Water, take a Gallon of Vinegar, a good Handful of Bay-Leaves, as much Roſemary, a Quarter of a Pound of Pepper beaten; put all theſe together, and let them ſeeth ſoftly, and ſeaſon it with a little Salt, then fry your Fiſh with frying Oil, 'till it is enough, and afterwards put it into an earthen Veſſel, and lay the Bay Leaves and Roſemary between and about the Fiſh, and pour the Broth upon it, and when it is cold, cover it up to keep 'till you want it.

## *P I K E.*

### *To roaſt a* Pike.

GET a large Pike, gut it, and clean it, and lard it with Eel and Bacon, as you lard a Fowl; then take Thyme and Savoury, Salt, Mace and Nutmeg, ſome Crumbs of Bread, Beef Sewet and Parſley; ſhred all very fine, and mix it up with raw Eggs; make it in a long Pudding, and put it in the Belly of your Pike, ſkewer up the Belly, and diſſolve Anchovies in Butter, and baſte with it; put two Splints on each Side the Pike, and tie it to the Spit; melt Butter thick for the Sauce, or, if you pleaſe, Oyſter Sauce, and bruiſe the Pudding in it. Garniſh with Lemon.

### Pike au Swimmier.

SCALE and gut it, then waſh and dry it; make a good deal of Force-Fiſh with Eel, Whiting, Anchovy, Sewet, Pepper, Salt, and crumbed Bread, alſo Yolks of

of Eggs, Thyme, and Parſley, and a Bit of Shalot; then fill the Belly full of this Forcing, and draw with a Pack-Needle ſome Packthread through the Eyes, the Middle and Tail, in the Shape of an S; then waſh it over with Butter and Egg, and crumb it over with Bread: You may bake it, or roaſt it with a Caul over it, and ſauce it with Capers and Butter the *French* way.

### *Another way to dreſs a* Pike.

YOU may roaſt it with a good Forcing in the Belly, with Oyſters, Liver, Sewet, Crumbs of Bread, Thyme, Parſley, and Eggs, Anchovies, and a Shalot; fill the Belly, and either bake or roaſt it; ſauce it with Oyſter Sauce; the *French* way is with Caper Sauce, and you may boil it with Anchovy Sauce, or fry it in Slices; and ſerve it with plain Butter or fried Parſley.

### *To ſouce a* Pike.

PUT your Pike into as much Water as will cover it, with a Handful of Bay-Leaves, ſome Cloves and Mace: Let it boil 'till it is ſo tender that a Straw may be run thro' it; then take it up, and put in Liquor, White Wine and Vinegar, with an Anchovy: When your Pike is cold, ſlip it into the Pickle, which will turn to a Jelly, and keep for a conſiderable time.

### *To dreſs a* Pike *with Oyſters.*

FIRST ſcale and gut it, and waſh it clean, cut it in Pieces, and put them into a Stew-pan, with White Wine, Parſley, Cives, Muſhrooms, and Truffles; all of them haſhed together, with Salt, Pepper, and Butter, and

ſet it over a Stove to ſtew; blanch ſome Oyſters in Water, and a little Verjuice; then throw them, with their own Liquor, into the Stew-pan, but not 'till the Pike is near enough; when done, ſerve it, garniſhing your Diſh with ſliced Lemon.

## *SCATE* and *THORNBACK.*

### *To crimp* Scate.

IT muſt be cut into long Slips croſs-ways, the Fleſh into ten Pieces, Inch broad, and ten long, more or leſs, according to the Breadth of your Fiſh; then boil it off quick in Water and Salt, and ſend it dry on a Diſh turned upſide down in another, and ſerve Butter and Muſtard in one Cup, and Butter and Anchovy in another.

### Scate *or* Thornback, *the* Dutch *or* Engliſh *way.*

HAVING ſkinned them on both Sides, cut the two Sides from the Body, and each Side down through the Middle; then lay each Half croſs-ways, and cut it in Slices croſs-ways, half an Inch thick. When you come up toward the thick Part, cut it thinner; throw it in cold Water with the Liver, an Hour or two before you boil it. If your Fiſh is freſh, it will make it curdle and turn crimp. Then boil it in a braſs Diſh, with freſh Water, Salt, and Vinegar; ſkim it well in the boiling; put your Liver a boiling two or three Minutes before you put in your cut Fiſh, which will be boiled in a Quarter of an Hour; take up your Slices carefully, that you break them not; for they will be turned round like a Hoop, and very tender; drain them

them well, and ſlip them into your Diſh, with ſome Sippets under them. Let your Sauce be a Pound of Butter, a Spoonful of Vinegar, two Spoonfuls of Water, a little Duſt of Flour, the Yolks of two Eggs, ſome ſcraped Nutmeg, a little beaten Pepper, and minced Anchovy; draw this up together to the Thickneſs of a Cream; then put in a good Spoonful of Muſtard, and half a Lemon; pour it hot over your Fiſh, and lay the Liver upon it. Let your Garniſhing be a little picked Parſley, clean waſhed; ſo ſerve it up.

This Sauce is proper for boiled Smelts or Sparlings, or for boiled freſh Herrings.

### Scate *or* Thornback, au Court-bouillon.

GUT it and waſh it well with Water, then boil it in Water with Vinegar, Salt, Pepper, Cloves and ſavoury Herbs; when it is almoſt boiled throw in the Liver to boil in a Moment, then take the Fiſh off the Fire, and let it ſtand in its own Liquor. When it is almoſt cold take it up, skin it, and pick out the Thorns; having cleaned it well, lay it in a Diſh, and ſerve it with a brown Sauce, made of oiled Butter and Parſley toſſed up in it, with a Drop of Vinegar.

### Scate, *with Anchovy Sauce.*

THE Scate being boiled, as in the foregoing Receipt, let it ſtand to cool, then skin it and take out the Thorns in like Manner; lay it handſomely in the Diſh you intend to ſerve it in, and ſet it over a Chafing-Diſh of Coals; mean while prepare the following Sauce: Put into a Sauce-pan ſome freſh Butter and a Pinch of Flour;

ſeaſon it with Salt, Pepper, and Nutmeg, moiſten it with a little Vinegar and Water; waſh a couple of Anchovies, mince them, and put them into the Sauce, and turn it over the Stove; when the Sauce is thickened, pour it on your Scate, and ſerve it hot for the firſt Courſe.

At another time you may ſerve it with Capers in a White Sauce, or with a Crawfiſh Cullis in White Sauce likewiſe, and pour it on your Fiſh.

### *To fry* Scate *with a Brown Sauce.*

GUT your Scate, cut it in two in the Middle, and blanch it in ſcalding Water, take off the Skin and the Thorns, and ſet it a cooling; then drudge it with Flour, and fry it in clarified Butter; when it is fried, take it up, drain it, and put it into a Sauce-pan. Make a brown Sauce as follows: Mince ſome Cives and Parſley; ſet a Sauce-pan over a Stove with a Lump of freſh Butter, and melt it; then put in a little Flour and brown it; when it is browned put in the Cives and Parſley, together with Fiſh-broth, or Juice of Onions; ſeaſon it with Salt and Pepper; let it ſimmer a while, then put it into the Sauce-pan to your Scate, with ſome minced Capers, and let it all ſimmer together; take up your Scate, and having laid it in a Diſh, bind your Sauce with a Crawfiſh or other good Cullis, pour it on your Scate and ſerve it.

At another Time the Scate being fried, and having ſimmered in the brown Sauce, as above, it may be ſerved with pouring on a Ragoo of Crawfiſh, or of Melts, or Muſcles.

## *FLOUNDERS* and *PLAICE.*

### Flounders *with Sorrel.*

GUT them and cleanſe them well, then ſlaſh them croſs-ways three Cuts only on one Side, and lay them in your Sauce-pan; put in as much Water as will juſt cover them, with a little Vinegar, Salt, and one Onion, boil them quick, then boil four Handfuls of Sorrel, pick off the Stalks and chop it very ſmall, and put about half a Pound of melted Butter, or more, according to the Quantity of your Fiſh, ſo put it over your Flounders, and ſerve away quick.

### *To dreſs* Flounders *or* Plaice *with Garlick and Muſtard.*

GET Flounders very new, and cut all the Fins and Tails, then take out the Guts and wipe them very clean, they muſt not be at all waſhed; then with your Knife ſcotch them on both Sides very groſly; then take the Tops of Thyme, and cut them very ſmall, and take a little Salt, Mace, and Nutmeg; and mingle the Thyme and them together, and ſeaſon the Flounders, lay them on the Gridiron and baſte them with Oil or Butter, let not the Fire be too hot; when that Side next the Fire is brown, turn it, baſte it on both Sides 'till you have broiled them brown, when they are enough, make your Sauce with Muſtard, two or three Spoonfuls according to Diſcretion, ſix Anchovies diſſolved very well, about half a Pound of Butter drawn up with Garlick, Vinegar, or bruiſed Garlick in other Vinegar; rub the Bottom of your Diſh with Garlick,

Garlick, ſo put your Sauce to them and ſerve them: You may fry them if you pleaſe.

### *A* Fricaſey *of great* Plaice *or* Flounders.

RUN your Knife all along upon the Bone, on the Back-Sides from Head to the Tail, and take the Bone clear out; then cut your Plaice in ſix Collops, dry them very well from the Water, ſprinkle them with Salt, and flour them well, and fry them in a very hot Pan of Beef-Dripping, ſo that they may be criſp; take them out of the Pan and keep them very warm before the Fire; then make clean the Pan, and put into it Oyſters and their Liquor, ſome White Wine, the Meat out of the Shell of a Crab or two: Mince half the Oyſters, ſome grated Nutmeg, three Anchovies; let all theſe ſtew up together, then put in half a Pound of Butter, and put in your Plaice or Flounders, and toſs them well together, and diſh them on Sippets, and pour the Sauce over them. Garniſh the Diſh with Yolks of hard Eggs, minced and ſliced Lemon. After this Manner do Salmon, or any firm Fiſh.

### *Another Way to dreſs* Flounders.

FLEA off the black Skin, and ſcore the Fiſh over on that Side with a Knife, lay them on a Diſh, and pour on them ſome Vinegar, and ſtrew good Store of Salt, let them lie for half an Hour; in the mean Time ſet on the Fire ſome Water and a little White Wine, Garlick and Sweet Herbs, as you pleaſe, putting into it the Vinegar and Salt wherein they lay, when it boils put in the biggeſt Fiſh, then the next 'till all be in; when they are boiled take them out, and drain them very well, then draw ſome ſweet Butter

ter thick, and mix with it ſome Anchovies ſhred ſmall, which being diſſolved in the Butter, pour it on the Fiſh, ſtrewing a little ſliced Nutmeg, and minced Oranges and Barberries.

### *To ſtew* Flounders.

GET ſmall Flounders, and put them in a Stew-pan, with as much Water as will cover them; put into the Liquor a Blade of Mace, ſome Salt, a Bit of Lemon Peel, and a Spoonful of Lemon Juice; when juſt done, pour off the Liquor into a Sauce-pan, and melt your Butter with it; put in a Piece of Anchovy, a Bit of Shalot, Muſhrooms, and Katchup, draw it thick: Diſh your Fiſh with Sippets of Bread, and pour your Sauce over it.

## *SOALS.*

### Soals *with a Ragoo of Crawfiſh.*

YOU muſt take ſome Soals, and having gutted, ſcraped, waſhed and dryed them, cut off the Heads and the Tails; ſlit them along the Back, and take out the Bones. Take a ſmall Soal and bone it, lay the Fleſh on a Table, with a little Parſley and Cives, ſome Muſhrooms, the Yolks of three or four raw Eggs, the Bigneſs of an Egg of Bread ſoaked in Cream, and freſh Butter in Proportion; ſeaſon this with Salt, Pepper, Sweet Herbs, and a little Spice, mince it all well together, and pound it in a Mortar, then farce your Soals with it. Rub the Bottom of a Diſh, or Paſty-pan, over with Butter; ſeaſon it with Salt, Pepper, a very little Sweet Herbs, and minced Parſley, toge-

ther

ther with a couple of whole Leeks; then turn in the Soals, the farced Side downmoſt, and ſeaſon the uppermoſt Side with Salt, Pepper, and Nutmeg; ſprinkle them over with melted Butter, drudge them ſlightly with Bread crumbed very fine, and ſet them to bake in the Oven, or under a baking Cover; when they are done enough, and of a fine Colour, lay them in a Diſh, and pour a Ragoo of Crawfiſh upon them. We likewiſe ſerve them with a Ragoo of Oyſters, or of Muſhrooms or Truffles.

### *To dreſs* Soals *in* Champaign *Wine.*

GET ſome middle-ſiz'd Soals, and having gutted and ſcaled them, cut off the Head and Tail, and the Fins all round them; lay them in a Stew-pan, ſeaſon them with Salt, Pepper, an Onion ſtuck with Cloves, a Bunch of Sweet Herbs, ſome whole Cives, minced Parſley, and Slices of Lemon: Pour on them a Pint of *Champaign* Wine, and a little Fiſh Broth; to which add a Lump of Butter, and ſome Crumbs of Bread grated very fine; ſet all this over a Stove with a quick Fire. When the Soals are enough ſtewed, and the Liquor is waſted away as it ought, thicken it with a brown Cullis, or with one of Crawfiſh: Lay the Soals handſomely on a Diſh, pour the Sauce upon them, and ſerve them warm for firſt Courſe.

### *To marinate* Soals.

LET large Soals be well waſhed, ſkinn'd and dry'd; that done, beat them with a Rolling-Pin, and dip them on both Sides in the Yolks of Eggs temper'd with Flour: Then putting your Fiſh into a Frying-pan, with as much *Florence* Oil as will cover them, fry them 'till they

are

are brown, and come to a bright yellow Colour. At that Inſtant, take them up, drain them on a Plate, and ſet them by to cool. For the Pickle, take White Wine Vinegar well boiled with Salt, Pepper, Nutmeg, Cloves and Mace: It is requiſite to turn the Liquor into a broad earthen Pan, that the Fiſh may lye at full Length, and the Diſh is to be garniſhed with Flowers, Fennel and Lemon Peel.

## *A* Surtout *of* Soals.

MAKE a Farce of the Fleſh of a Carp and an Eel as follows: Mince it on a Table with ſome Muſhrooms, Parſley and Cives; ſeaſon the whole with Salt, Pepper, a little Sweet Herbs and Spice; and put it into a Mortar; take the Bigneſs of two Eggs of the Crumb of Bread, put it into a Sauce-pan, with ſome Cream or Milk, and boil it over a Stove; when it comes to be half thickened, put in the Yolks of two Eggs, ſtir them well about in it, and when it is boiled very thick, take it off and ſet it a cooling: Mean while, the Farce being well pounded, add to it as much Butter as your Diſcretion thinks fit, three or four Yolks of raw Eggs, and the Bread Cream; pound the whole again together, then take it out of the Mortar: Fry two or three Soals, and when they are fried, raiſe up the Fleſh in long Flakes or Slices; ſet a Sauce-pan over a Stove with a Lump of Butter, a Handful of ſmall Muſhrooms, and ſome Truffles cut in Slices; toſs them up, moiſten them with a little Broth, ſeaſon the whole with Salt, Pepper, and a Bunch of Sweet Herbs, and boil it; when it is enough boiled, take the Fat clean off; and having bound the Sauce with a brown Cullis, or one of Crawfiſh, put in the Slices or Flakes of your Soals, and let them ſim-

mer over a gentle Fire, then take them off and ſet them a cooling: Take a Silver Diſh, ſpread the Bottom of it with ſome of the Farce round it; when your Ragoo of Soals is cold, pour it into the Diſh, and cover it with ſome of the ſame Farce; dip a broad Knife in beaten Eggs, and rub it gently over the Farce to make it lie ſmooth; lay all round it ſome thin Slices of thin Bread, ſprinkle it over with melted Butter, drudge it with very fine Crumbs of Bread, and ſet it to bake in an Oven; when it is baked and of a fine Colour, take it out of the Oven, clear it well of the Fat, wipe the Brims of the Diſh very clean, and ſerve it hot for the firſt Courſe.

*Note*, We make all Sorts of Surtouts of Fiſh, in the ſame Manner, that is to ſay, always with the ſame Farce; it is only the Ragoo you put in, that makes the Difference and gives the Name to it.

## *LOBSTERS.*

### *To roaſt* Lobſters.

RUN a ſmall Bird-Spit thro' the Lobſters Belly, then tie them faſt to the Spit with Packthread, and when they are enough they will crackle; lay a whole one, the largeſt of all, in the Middle of the Diſh; butter the reſt in Shells, as in the following Receipt, with Pepper, Lemon and an Anchovy diſſolved in White Wine; mix the whole together, and ſerve them up with Lemon and Oyſters.

*To*

### *To roaſt* Lobſters *alive.*

HAving tied them faſt on the Spit, baſte them with Salt and Water 'till they look red, and then with Butter and Salt; let the Sauce be Anchovies diſſolved in White Wine, a little Pepper and the Juice of a Lemon.

### *To Butter* Lobſters.

TAKE out the Meat, pick it ſmall, and ſet it to ſtew gently in a Sauce-pan over a Stove, with White Wine, Salt, and a Blade of Mace; when it is very hot, put to it ſome Butter, and Crumbs of Bread; warm the Shells before the Fire, fill them with Meat, and ſo ſerve them up.

### *To broil* Lobſters.

FIRST boil them, then lay them on the Gridiron; baſte them either with Butter alone or mixed with Vinegar; let them broil leiſurely, and when you think they are enough, ſerve them up with Butter and Vinegar beat thick, to which put ſome grated Nutmeg and ſliced Lemon.

### *To pot* Lobſters.

TAKE a Dozen of large Lobſters, take out all the Meat of their Tails and Claws after they are boiled; then ſeaſon them with beaten Pepper, Salt, Cloves, Mace, and Nutmeg, all finely beaten and mixed together, then take a Pot, put therein a Layer of freſh Butter, upon which put a Layer of Lobſter, and then ſtrew over ſome Seaſoning, and repeat the ſame 'till your Pot is full, and your Lobſter all in, bake it about an Hour and half, then ſet it

by two or three Days, and it will be fit to eat: It will keep a Month or more, if you pour from it the Liquor when it comes out of the Oven, and fill it up with clarified Butter: Eat it with Vinegar.

### *To dreſs* Crabs.

HAVING taken out the Meat and cleanſed the Skins, put it into a Stew-pan, with a Quarter of a Pint of White Wine, or Canary, ſome Crumbs of White Bread, an Anchovy and a little Nutmeg: Then ſetting them over a gentle Fire, ſlip in the Yolk of an Egg with a little beaten Pepper, and ſtir all well together, in order to be ſerved up for a ſide Diſh.

### *To butter* Prawns, Shrimps, *or* Crawfiſh.

TAKE out all the Tails, and leave the Body Shells, clean them, make a Stuffing with ſome of the Inſides, Eggs, Crumbs of Bread, Anchovies, Pepper, Salt, Nutmeg, and a Piece of Butter, or Sewet, chopped very fine. Mix all this well; put in a little Thyme and Parſley minced, and fill the Body Shells therewith; the other Part you muſt butter as you do Lobſters, which lay round your Body Shells, and bake them in a gentle Oven: You may put ſome Oyſters and Marrow in your forced Fiſh, if you pleaſe; ſo ſerve away hot.

### *To make an artificial* Crab *or* Lobſter.

IT is to be ſuppoſed that you have by you the large Shells of Sea Crabs clean'd; then take Part of a Calf's Liver, boil it and mince it very ſmall, and a little Anchovy Liquor, and but very little, to give it the Fiſh Taſte. Mix it

it well with a little Lemon Juice, ſome Pepper, and ſome Salt, with a little Oil, if you like it, and fill the Shells with it; and then the Outſide Part of the Liver, being a little hard, will feel to the Mouth like the Claws of the Crab broken and picked, and the inner Parts will be ſoft and tender, like the Body of a Crab. One may ſerve this cold, and it will deceive a good Judge, if you do not put too much of the Anchovy Liquor in it. It is very good cold; but if you would have it hot, take the following Receipt.

### *To make artificial hot buttered* Sea-Crabs.

MAKE the great Shells of Crabs clean, and prepare ſome Liver, as before; or if you cannot get Calf's Liver, get a Lamb's Liver, or a young Sheep's Liver will do tolerably well. Boil theſe, and ſhred them as directed before, and put a little Anchovy Liquor to them; then add a little White Wine, ſome Pepper and Salt at pleaſure, and ſome other Spice at Diſcretion, with Butter neceſſary to make it mellow, over a gentle Fire, or a little Sallet Oil, if you like Oil. Then add a little Lemon Juice in the Shells, ſtirring the Mixture together; then ſerve them up hot with Lemon ſliced.

### *To make artificial* Crabs.

TAKE ſome of the White of a roaſted or boiled Chicken's Breaſt, and ſhred it very ſmall; then add ſome Roots of Potatoes boiled and beat into Pulp, mix theſe together, and grate a little Lemon Peel upon it, and add a little Anchovy Liquor to it with ſome Oil; and put a little Lemon Juice to it, or Vinegar, with ſome Pepper and

and Salt, ſerve it upon Sippets, garniſhed with ſliced Lemon. Theſe may be butter'd in Shells as the former, but the firſt is rather the beſt.

### *To make artificial* Lobſters.

PRactice the ſame Method with either of the former; and to imitate the Tail of the Lobſter, put in the Tails of Shrimps, Buntings, Prawns, or Crawfiſh; the laſt cut in Pieces, and ſerve them either upon Sippets in a Plate, or in the large Shell of the Lobſter.

This is a ſort of Salmy, or Salmy-Gundy, as they call it in *England*; but is very much like the thing we want: and we think if the Shrimps, or others, were put into the firſt, it would make it better than putting in the Anchovy Liquor; but if they are to imitate a Crab, they muſt chop the Shrimps or Prawns very ſmall.

## *P E R C H E S.*

### Perches *with Anchovy Sauce.*

GUT your Perches, and ſtew them in a *Court-bouillon*, as follows: Lay them into a Stew-pan with ſome ſliced Onion and Lemon, ſome Parſley, Cives, Bay Leaves, Baſil, Cloves, Pepper and Salt, two Glaſſes of White Wine, a little Vinegar, and as much Water as will cover them; ſo ſtew them over a Stove; then take them off, and ſet them to cool a little in the *Court-bouillon*: When they have ſtood a while take them out, skin them without breaking the Fleſh, lay them in a Diſh, and cover them that they may not grow cold. Put ſome freſh Butter

ter into a Sauce-pan, with a little Flour, a couple of minced Anchovies, ſome Capers, and a whole Leek, a Slice or two of Lemon, the whole being ſeaſoned with Salt, Pepper, and a little Nutmeg, add to it a little Water and Vinegar. Keep turning the Sauce over a Stove with a Spoon, and when the Butter is melted and thickened, take out the Leek and ſliced Lemon, pour it on the Perches, and ſerve them for the firſt Courſe.

### Perches *with a Cullis of Crawfiſh.*

YOUR Perches being ſtewed in a *Court-bouillon*, skin them and lay them in a Diſh, as in the foregoing Receipt, make a Sauce as follows: Put the Quantity of two Eggs of freſh Butter into a Sauce-pan with one minced Anchovy, ſome Pepper, Salt, a little grated Nutmeg, a Pinch of Flour, a Drop or two of Water, and as much Vinegar, turn it over a Stove with a Spoon; when the Butter is melted and a little thickened, put in ſome Crawfiſh Cullis; pour this Sauce on your Perches, and ſerve them for the firſt Courſe. They may be ſerved likewiſe with all Sorts of Culliſes as well as this.

### Perch *dreſſed in* Fillets.

LET Muſhrooms be well cleanſed and boiled in a little Cream: Then your Fillets or Slices of Perch being ready cut, mix them together, and let all boil, with a thickening Sauce made of three Yolks of Eggs, Parſley ſhred, grated Nutmeg, and the Juice of a Lemon; ſtir them very gently, for fear of breaking your Fillets; and when they are enough, dreſs them. Garniſh with Lemon Slices, *&c.*

## *TROUTS.*

## TROUTS.

### *To fry* Trouts.

FIRST with a Knife, gently ſcrape off all the Slime from your Fiſh, waſh them in Salt and Water, gut them and wipe them very clean with a Linnen-Cloth; that done, ſtrew Wheat-Flour over them, and fry them in ſweet Butter, 'till they are brown and criſp: Then take them out of the Frying-Pan, and lay them on a Pewter-Diſh well heated before the Fire; pour off the Butter they were fried in, into the Greaſe Pot, and not over the Trouts: Afterwards, good Store of Parſley and young Sage being fry'd criſp in other ſweet Butter, take out the Herbs and lay them on your Fiſh. In the mean while, ſome Butter being beaten up with three or four Spoonfuls of ſcalding-hot Spring-Water, in which an Anchovy has been diſſolved, pour it on the Trouts, and let them be ſerv'd up. Garniſh with the Leaves of Strawberries, Parſley, *&c.*

After this Manner Grailings, Perches, ſmall Pikes or Jacks, Roaches and Gudgeons may be fry'd; their Scales being firſt ſcrap'd off: And you may thus fry ſmall Eels, when they are flead, gutted, wiped clean, and cut into Pieces of four or five Inches long; ſeveral Pieces of Salmon, or a Chine of it, may likewiſe be dreſs'd in the ſame Manner.

### *The beſt way of boiling* Trouts.

LET the Trouts be waſh'd, and dry'd with a clean Napkin; then open them, and having taking out the Guts, with all the Blood, wipe them very clean on the Inſide,

ſide, without waſhing, and give each three Scotches with a Knife to the Bone, only on one Side: After that, pour into a Kettle or Stew-pan as much hard ſtale Beer, with Vinegar, and a little White Wine and Water, as will cover the Fiſh: Then throw into the Liquor a good Quantity of Salt, a Handful of ſliced Horſe-Radiſh-Root, with a ſmall Faggot of Parſley, Roſemary, Thyme and Winter Savoury: That done, ſet the Pan over a quick Wood-Fire, and let the Liquor boil up to the Height before you put in your Fiſh; then ſlip them in one by one, that they may not ſo cool the Liquor, as to make it fall. While the Fiſh are boiling, beat up Butter for the Sauce with a little of the Liquor, and as ſoon as it is enough, drain off the Liqour, lay your Trouts in a Diſh, and pour melted Butter upon them, ſtrewing them plentifully over, with ſhav'd Horſe-Radiſh, and a little powder'd Ginger. Garniſh the Sides of the Diſh with ſliced Lemon, and ſend it to the Table.

In the ſame Manner you may dreſs Grayling, Carp, Bream, Roach and Salmon; only they are to be ſcal'd, which muſt be done very lightly and carefully with a Knife. A Pike may alſo be thus dreſs'd, the Slime being firſt well ſcour'd off with Water and Salt: And a Perch may be ordered after the ſame Manner, but the Skin muſt be taken off, before you pour on the Sauce.

### *To pot* Trouts.

SCALE and clean your Trouts very well, waſh them in Vinegar, and ſlit them down the Back, after which put Pepper and Salt into the Inciſion, and on their Outſides, and let them lie upon a Diſh three Hours; then lay them in an earthen glaz'd Pan, with Pieces of Butter upon

them, and put them in an Oven two Hours, if they are Fiſh of fourteen Inches long, or leſs in Proportion, taking Care to tie ſome Paper cloſe over the Pan. When this is done, take away from them all the Liquor, and put them in a Pot, and as ſoon as they are quite cold, pour ſome clarify'd Butter upon them, ſo cover them; and they will eat as well as potted Charrs.

### *To ſouce* Trouts.

TAKE a Quart of Water, a Pint of White Wine, and two Quarts of White Wine Vinegar, with Pepper, Salt, Nutmeg, Cinamon and Mace, an Onion ſtuck with Cloves, a little Lemon Peel, and a Faggot of Sweet Herbs; let theſe boil together a little while, and put in your Trouts, and boil them according to their Bigneſs; then take them out of the Liquor to be cold, and put your Souce Liquor into a Stone Jar to cool: If 'tis not ſharp add more Vinegar, and a little Salt, and keep your Fiſh therein; if you would have them hot, you may take them out of the above Souce, when enough; and take for Sauce, a little of the Liquor, *French* White Wine, an Anchovy waſhed clean, and ſome Mace, with Oyſters and Shrimps, and Butter kneaded in Flour. Garniſh with fried Smelts, and ſliced Lemon, and ſerve it.

You may do Salmon, Pike, Mullet, and moſt other Fiſh the ſame Way; only if you dreſs them to eat hot immediately, you may alter the Sauce if you pleaſe.

### *To make* Virginia-Trouts.

TAKE pickled Herrings, cut off their Heads, and lay the Bodies two Days and Nights in Water; then waſhing them well, ſeaſon them with Pepper, Cinamon, Cloves,

Cloves, Mace, and a little red Saunders: Afterwards lay them cloſe in a Pot with a little chopp'd Onion, ſtrew'd over them, and caſt between every Layer. When you have done thus, put in a Pint of Claret, cover them with a double Paper ty'd on the Pot, and ſet them in the Oven with Houſhold Bread. They are to be eaten cold.

### *To dreſs* Haddocks *the* Dutch Way.

BEING ſcaled and gutted, gaſh them, with a ſharp Knife, into the Back-Bone on both Sides, and throw them into cold Water for an Hour; then boil them in Salt, Water, and Vinegar. They will boil in leſs than half an Hour, but that muſt be according to the Bigneſs; only boil them 'till they will come from the Bone: Then for your Sauce, take Turnips, cut them as ſmall as Yolks of Eggs, and boil them tender in Water and Salt: In *Holland* they boil them with the Fiſh, and they take very little more boiling than they, becauſe they are better than ours; but if you boil *Engliſh* Turnips, you muſt boil them a little before you put in your Fiſh; but you muſt not boil your Turnips ſo tender as if they were to eat with Beef and Mutton; then drain them from the Liquor, and put two or three Dozen of Turnips, according to the Bigneſs of your Diſh, into a Pound of drawn Butter, and a little fine minced Parſley, ſo put your Haddocks into the Diſh, and Sippets under them; and pour your Turnips and Sauce over them, throw a little minced Parſley about your Diſh; ſo ſerve it. You may do Whitings or Soals the ſame Way.

## *CHUBS.*

### *To roaſt a* Chub.

SCALE your Chub, waſh it well, and take out the Guts; to that End, make a little Hole as near the Gills as you can, and cleanſe the Throat; afterwards, having put ſome Sweet Herbs into the Belly, tie the whole Fiſh with two or three Splinſters to the Spit, and roaſt it, baſting the ſame often, with Vinegar, or Verjuice and Butter, mix'd with good Store of Salt: By this Means, the watery Humour, with which all Chubs abound, is effectually dryed up. A Tench may be dreſſed after the ſame Manner.

### *To broil a* Chub.

WHEN you have ſcaled the Chub, cut off its Tail and Fins, waſh it clean, and ſlit it thro' the Middle; then give it three or four Cuts or Scotches on the Back, with a Knife, and broil it on Wood-Coals; all the Time it is broiling, baſte it with Sweet Butter, mingled with a good deal of Salt, and a little Thyme ſhred very ſmall.

### *To boil a* Chub.

SET a Kettle over the Fire, with Beer-Vinegar and Water, ſo much as will cover the Fiſh, and put Fennel therein, with good Store of Salt: As ſoon as the Water boils, ſlip in your Chub, being firſt ſcalded, gutted and cleanſed, about the Throat: When 'tis enough, take it out, lay it on a Board to drain, and after an Hour's lying thus, pick

pick all the Fiſh from the Bones: Then turn it into a Pewter-Diſh ſet over a Chafing Diſh of Coals, with melted Butter, and ſend it very hot to the Table.

## *STURGEON.*

### *Of a* Sturgeon, *how it ought to be cured, for cold Meat, or dreſſed hot for the Table.*

The Sturgeon is a Fiſh commonly found in the Northern Seas, but now and then we find them in our great Rivers, the *Thames*, the *Severn*, and the *Tyne*; this Fiſh is of a very large Size; even ſometimes to meaſure eighteen Feet in Length: They are in great Eſteem when they are freſh taken, to be cut in Pieces, of eight or ten Pounds, and roaſted or baked; beſides, to be pickled and preſerved for cold Treats: And moreover, the Cavier, which is eſteemed a Dainty, is the Spawn of this Fiſh.

### *To cure, or pickle* Sturgeons *from* Hamborough.

TAKE a Sturgeon, gut it and clean it very well within Side, with Salt and Water; and in the ſame Manner clean the Outſide, wiping both very dry with coarſe Cloaths, without taking any of the great Scales from it: Then take off the Head, the Fins and Tail, and if there is any Spawn in it, ſave it to be cured for Cavier: When this is done, cut your Fiſh into ſmall Pieces, of about four Pounds each, and take out the Bones, as clean as poſſible, and lay them in Salt and Water for twenty four Hours; then dry them well with coarſe Cloaths; and ſuch

Pieces

Pieces as want to be rolled up, tie them cloſe with Baſs Strings, that is, the Strings of Bark which compoſe the Baſs Mats, ſuch as the Gardeners uſe; for that being flat, like Tape, will keep the Fiſh cloſe in the boiling, which would otherwiſe break, if it was tied with Packthread; ſtrew ſome Salt over the Pieces, and let them lie three Days, then provide a Piece of Wicker, made flat, and wide as the Copper or Cauldron you will boil your Fiſh in, with two or three Strings, faſtened to the Edges, the Ends of which ſhould hang over the Edges of the Copper. The Pans we generally boil our Fiſh in, are ſhallow and very broad; then make the following Pickle, *viz.* One Gallon of Vinegar to four Gallons of Water, and to that Quantity put four Pounds of Salt. When this boils, put in your Fiſh; and when it is boiled enough, take it out, and lay it in ſingle Pieces, upon Hurdles, to drain, or upon ſuch Boards as will not give any extraordinary Taſte to the Fiſh. Some will boil in this Pickle a Quarter of a Pound of whole Black Pepper.

When your Fiſh is quite cold, lay it in clean Tubs, which are called Kits, and cover it with the Liquor it was boiled in, and cloſe it up, to be kept for Uſe.

If at any Time you perceive the Liquor to grow mouldy or begin to mother, paſs it thro' a Sieve; add ſome freſh Vinegar to it, and boil it; and when it is quite cold, waſh your Fiſh in ſome of it, and lay your Pieces a freſh in the Tub, covering them with Liquor as before, and it will keep good ſeveral Months. This is generally eaten with Oil and Vinegar.

*To*

### *To prepare the* Cavier *or Spawn of the* Sturgeon.

WASH it well in Vinegar and Water, and then lay it in Salt and Water two or three Days; then boil it in freſh Water and Salt; and when it is cold, put it up for Uſe. This is eaten upon Toaſts of White Bread with a little Oil.

### *To roaſt a Piece of freſh* Sturgeon.

GET a Piece of freſh Sturgeon, of about eight or ten Pounds; let it lie in Water and Salt, ſix or eight Hours, with its Scales on; then faſten it on the Spit, and baſte it well with Butter for a Quarter of an Hour; and after that, drudge it with grated Bread, Flour, ſome Nutmeg, a little Mace powdered, Pepper and Salt, and ſome Sweet Herbs dryed and powdered, continuing baſting and drudging of it 'till it is enough; then ſerve it up with the following Sauce, *viz.* One Pint of thin Gravy and Oyſter Liquor, with ſome Horſe-Radiſh, Lemon Peel, a Bunch of Sweet Herbs, ſome whole Pepper, and a few Blades of Mace, with a whole Onion, an Anchovy, a Spoonful or two of Liquid Katchup, or ſome Liquor of pickled Walnuts, with half a Pint of White Wine; ſtrain it off, and put in as much Butter as will thicken it. To this put Oyſters parboiled, Shrimps or Prawns pick'd, or the Inſide of a Crab, which will make the ſame Sauce very rich; then garniſh with fried Oyſters, Lemon ſliced, buttered Crabs and fried Bread, cut in handſome Figures, and pickled Muſhrooms. *N. B.* If you have no Katchup, you may uſe Muſhroom Gravy, or ſome of the travelling Sauce mentioned in this Book, or elſe a ſmall Tea Spoonful of the dry Pocket-Sauce.

### *To roaſt a Collar, or Fillet of* Sturgeon.

GET a Piece of freſh Sturgeon; take out the Bones, and cut the fleſhy Part into Lengths, about ſeven or eight Inches; then provide ſome Shrimps, chopp'd ſmall with Oyſters; ſome Crumbs of Bread, and ſuch Seaſoning of Spice as you like, with a little Lemon Peel grated; When this is done, butter one Side of your Fiſh, and ſtrew ſome of your Mixture upon it; then begin to roll it up, as cloſe as poſſible, and when the firſt Piece is rolled up, then roll upon that another, prepared as before, and bind it round with a narrow Fillet, leaving as much of the Fiſh apparent as may be, but you muſt remark, that the Roll ſhould not be above four Inches and a half thick; for, elſe one Part would be done enough before the Inſide was hardly warmed; therefore, we have ſometimes parboiled the inſide Roll before we begin to roll it.

When it is at the Fire baſte it well with Butter, and drudge it with ſifted Raſpings of Bread. Serve it with the ſame Sauce as directed for the Former.

### *A Piece of freſh* Sturgeon *boiled.*

WHEN your Sturgeon is clean, prepare as much Liquor to boil it in, as will cover it; that is, take a Pint of Vinegar to about two Quarts of Water, a Stick of Horſe-Radiſh, two or three Bits of Lemon Peel, ſome whole Pepper, a Bay Leaf or two, and a ſmall Handful of Salt, boil your Fiſh in this, 'till it is enough, and ſerve it with the following Sauce:

Melt a Pound of Butter, then add ſome Anchovy Liquor, Oyſter Liquor, ſome White Wine, ſome Katchup boiled

boiled together with whole Pepper and Mace ſtrained; put to this the Body of a Crab, and ſerve it with a little Lemon Juice. You may likewiſe put in ſome Shrimps, the Tails of Lobſters, cut to Pieces, ſtewed Oyſters, or Crawfiſh cut into ſmall Bits. Garniſh with pickled Muſhrooms and roaſted or fried Oyſters, Lemon ſliced, and Horſe-Radiſh ſcraped.

### *A Ragoo of* Sturgeon.

YOUR Sturgeon being cut into Pieces and thoſe Pieces larded, flour them a little, in order to fry them brown with Lard: As ſoon as they are come to a Colour, ſlip them into a Stew-pan, with good Gravy, Sweet Herbs, ſome Slices of Lemon, Truffles, Muſhrooms, Veal Sweetbreads and a good Cullis: Afterwards, the whole Meſs being well cleared from the Fat, put in a Drop of Verjuice, and ſerve it hot.

## *ROACHES.*

### Roaches *ragoo'd*.

BROIL the Roaches on a Gridiron after they have been ſoak'd in Butter: Fry the Livers in a Pan with a little Butter, in order to be beaten in a Mortar, and paſs'd thro' the Strainer: Then put this Cullis to your Fiſh, ſeaſoned with Salt, White Pepper, and Orange or Lemon Juice; before they are dreſs'd, rub the Diſh with a Shalot or a Clove of Garlick.

### *To marinate* Roaches.

SET them to ſteep in Oil, with Wine, Lemon Juice, and other uſual Seaſonings; then bread them well, and bake them in a gentle Oven, ſo as they may take a fine Colour: Afterwards they are to be neatly dreſſed in a Diſh, and garniſhed with fried Bread, and green Parſley.

## *SHADS.*

### *To broil* Shads.

THESE Fiſh are to be well ſcaled and cut: Afterwards, having rubbed them with Butter and Salt, broil them on a Gridiron, 'till they come to a fine Colour: They are to be diſhed with Sorrel and Cream, adding Parſley, Chervil, Chibbol, Salt, Pepper, Nutmeg, and Sweet Butter: They may alſo be ſerved up with a Ragoo of Muſhrooms, or a brown Sauce with Capers.

### *To boil* Shads.

HAving ſcaled and cut your Shads, let them boil in White Wine, with Vinegar, Salt, Pepper, Cloves, a Bay Leaf, Onions and green Lemon, and ſend them to the Table on a Napkin.

### *To dreſs a* Shad au Court-bouillon.

SCALE and ſcore your Shad, then boil it in White Wine with a little Vinegar, Salt, Pepper, Bay Leaf, Onions ſtuck with Cloves, Slices of Lemon, and a Lump of Butter; when it is boiled, ſerve it dry on a Napkin for a Diſh of the firſt Courſe.

## *SMELTS.*

## *SMELTS.*

### *To fry* Smelts.

LAY them to marinate in Vinegar, Salt, Pepper, Bay Leaves and Cives, then dry them well with a Linnen-Cloth, drudge them well with Flour, and dry them; ſo ſerve them up hot with fried Parſley.

### *To dreſs* Smelts *in Ragoo.*

PUT them into a Sauce-pan with a little White Wine, ſcraped Nutmeg, ſliced Lemon, and fried Flour; when they are almoſt enough, add ſome minced Capers and ſerve them.

### *To dreſs* Smelts au Court-bouillon.

PUT them into a Stew-pan with White Wine, ſliced Lemon, Pepper, Salt and Bay Leaf; when they are enough, ſerve them on a Napkin with green Parſley, or elſe with a Ramolade.

## *DABS.*

### *To marinate a* Dab *or* Sandling.

CUT your Fiſh along the Back, to the End that the Pickle may penetrate the ſame: When it is marinated bread it well with Chippings ſeaſoned, and bake it in an Oven. Garniſh your Diſh with Petty Patties.

### Dab *in a* Sallet.

LET the Dab be boiled in a Pickle after the uſual Manner, and when cold, cut it into Fillets, with which you are to garniſh a Plate, and a ſmall Sallet;

ſeaſoning the whole with Salt, Pepper, Vinegar, and Oil.

## OYSTERS.

### *To ſtew* Oyſters.

TAKE a Pint of Oyſters, ſet them over the Fire in their Liquor, with half a Pint of White Wine, a Lump of ſweet Butter, ſome Salt, a little White Pepper, and three Blades of Mace; let them ſtew ſoftly about half an Hour; then put in another Piece of Butter, and toſs altogether: As ſoon as it is melted, turn your Oyſters, *&c.* upon Sippets made ready and laid in Order in a Diſh.

### *To roaſt* Oyſters.

YOU muſt take the largeſt Oyſters you can get, and as they are opened, throw them into a Diſh with their own Liquor; then take them out, put them into another Diſh, and pour the Liquor over them, but take Care that no Gravel get in; that done, ſet them covered on the Fire, and ſcald them a little in their Liquor: As ſoon as they are cold, draw ſeveral Lards through every Oyſter, the Lardoons being firſt ſeaſoned with Pepper, Cloves, and Nutmeg, beaten very fine. Afterwards, having ſpitted your Oyſters on two wooden Lark-Spits, tie them to another Spit and roaſt them: In the mean while, baſte them with Anchovy Sauce, made with ſome of the Oyſter Liquor, and let them drip into the ſame Diſh, wherein the Sauce is; when they are enough, bread them with the Cruſt of a Roll grated; and when they are brown, draw them off. At laſt blow off the Fat from the Sauce with which

which the Oyſters were baſted, and put the ſame thereto; ſqueeze in the Juice of a Lemon, and ſo let all be ſerved up.

### Oyſters *grilled in Shells.*

LET them be firſt bearded, and lightly ſeaſoned with Salt, Pepper and ſhred Parſley: Afterwards, the ſcollop Shells being well buttered, lay your Oyſters in neatly, adding their Liquor and grated Bread: Let them ſtew thus half an Hour, and then brown them with a red hot Fire-ſhovel or a broad Iron heated for that Purpoſe. Shrimps may be grilled after the ſame Manner, and they will prove very good.

### *Another particular Way of dreſſing* Oyſters.

HAving open'd your Oyſters, ſave the Liquor, and put thereto ſome White Wine, with which you are to waſh the Oyſters one by one, and lay them in another Diſh: Then ſtrain to them that mingled Liquor and Wine wherein they were waſh'd, adding a little more Wine, with an Onion chopp'd, ſome Salt and Pepper: Cover the Diſh, and ſtew them 'till they are more than half enough; that done, turn them, with the Liquor, into a Frying-pan, and fry them a pretty while; then ſlip in a good Piece of Butter, and let them fry ſo much longer. In the mean Time, having prepared Yolks of Eggs, (four or five to a Quart of Oyſters) beaten up with Vinegar, ſhred Parſley and grated Nutmeg, mix them with the Oyſters in the Pan; which muſt ſtill be kept ſtirring, leſt the Liquor make the Eggs curdle: Laſtly, let all have a thorough Walm over the Fire, and ſend them to the Table.

To

### *To pickle* Oyſters.

GET the largeſt Oyſters, waſh them clean, and let them ſettle in their own Liquor: Then ſtrain it, and add a little White Wine Vinegar, with Salt, whole long Pepper, a Race of Ginger, three Bay Leaves and an Onion. Theſe being well boiled together, ſlip in your Oyſters, and let them boil leiſurely 'till they are tender; be ſure to clear them from the Scum as it riſes: When they are enough take them out, and ſet them by 'till the Pickle is cold: Afterwards, they may be put into a long Pot, or into a Caper-Barrel, and they'll keep very well ſix Weeks.

### *To make* Oyſter-Loaves.

HAving prepared what Number of *French* Rolls you think fit, cut a Hole on the Top of every one, about the Compaſs of half a Crown, and ſcoop out the Crumb, ſo as not to break the Cruſt: Then let ſome Oyſters ſtew in their own Liquor, with a little White Wine, Salt, whole Pepper, Nutmeg, and a Blade of Mace; take off the Scum carefully, and thicken the Liquor with a Piece of Butter roll'd up in Flour. Afterwards fill up your Rolls with the Oyſters and Sauce, and lay on the Piece again that was cut off. At laſt, having put the Rolls into a Diſh, pour melted Butter over them, and ſet them in an Oven to to be made criſp.

### Oyſters au Parmeſan.

RUB over the Bottom of a Silver Diſh with good Butter, and having opened your Oyſters, lay them in it, and ſtrew over them a little Pepper and minced Parſley. Then

Then put to them half a Glaſs of *Champaign* Wine; cover them with Slices of freſh Butter cut very thin, ſtrew over them ſome fine grated Cheeſe; lay a Tart-pan over the Diſh, and ſet them a ſtewing with Fire over and under them 'till they are of a fine brown Colour; then take off all the Fat, clean the Brims of your Diſh, and ſerve them very hot.

*N. B.* Inſtead of grated Cheeſe, you may put only Crumbs of Bread, and then they are called ſtewed Oyſters.

## Oyſters à la Daube.

OPEN your Oyſters and ſeaſon them with Parſley, Baſil and Cives, ſhred very ſmall, putting a little of it to each Oyſter with Pepper and a little White Wine: Then cover them with the upper Shell, and broil them on a Gridiron; lay from Time to Time, a red hot Shovel over them. When they are enough, take off the upper Shell, and ſerve them in the under one.

## *Petty Patties of* Oyſters.

GET as many Oyſters in the Shells as you would make Patties, then mince the Melts and Fleſh of Carps, Tenches, Pikes, and the Fleſh of Eels; ſeaſon all this with Pepper, Salt, pounded Cloves and White Wine; wrap up your Oyſters in it, of which only one is to be put in each Patty, with a little freſh Butter. Bake them, and ſerve them hot, either as *Hors d'Oeuvres*, or for Garniſhing.

## *To make an* Oyſter Pye.

FOR a Plate or little Diſh, blanch off a Quart of Oyſters or more; take them from the Tails and Shells, and drain them from the Liquor; then take a Quarter of a Pound of Butter, a minced Anchovy, two Spoonfuls of grated Bread, a Spoonful of minced Parſley, a little beaten Pepper, a ſcraped Nutmeg, a little or no Salt, becauſe your Oyſters and the Anchovy have a Seaſoning in themſelves; Then make a Paſte as follows: Take about a Quarter of a Pound of Butter, work it with a good Handful of Flour; put to it a Spoonful or two of cold Water, then part it in two, and roll out each half, as if it were for a Tart: It is proper you ſhould bake your Oyſter Pye on the Mazarine you ſerve it in, or a little Patty Pan; then place on the Bottom Paſte half of your mixed Butter, Anchovy and Parſley aforeſaid. Lay on your Oyſters, two or three thick at moſt; put the reſt of your Butter and Parſley on the Top, and a Slice of Lemon; then wet it about with ſome of your Oyſters Liquor, ſtrewing a little beaten Pepper and Nutmeg over your Oyſters, and two Spoonfuls of your Liquor: Then cover it up as you do a Tart, only turn and cut it handſomely round, and turn the Edge of your Paſte, all round, an Inch high. Bake it three Quarters of an Hour before you have Occaſion for it; then cut up its Cover, and ſqueeze in a Lemon. Shake it gently together, and cut your Cover in Bits, and lay handſomely round it: So ſerve it for the firſt Courſe. *Note*, you may bake it without a Cover.

*Scollop-*

## *Scollop-Shells of* Oyſters.

SET and beard them, ſeaſon them lightly with Pepper, Salt and minced Parſley: Butter the Scollop-Shells very well; then, when your Fiſh or Oyſters are neatly laid in, pour their Liquor, thickened with grated Bread, over them, let them grill half an Hour and brown them with a red hot Salamander, or Fire-ſhovel: You may garniſh a Diſh of Fiſh with them, or ſerve them by themſelves for the ſecond Courſe.

## *A* Matelotte *of* Fiſh.

GET a Carp, an Eel, ſome Tench, Pike, Barbel, in ſhort, what Fiſh you can get, and judge proper for your Purpoſe; after having gutted and ſcaled them, cut them in Pieces, and lay them in a Stew-pan, with ſome Truffles and Muſhrooms, an Onion ſtuck with Cloves, ſome Cives and Parſley, Bay Leaves, and a little Baſil: Seaſon this with Salt and Pepper, put to it ſome White Wine, a little Fiſh Broth, or Juice of Onion, but juſt enough to cover the Fiſh; then ſet it over a quick Fire, and when the *Court-bouillon* is half waſted away, put ſome Butter, more or leſs, according to the Quantity of your Fiſh, into a Sauce-pan, and brown in it a little Flour, then empty the Liquor of your Matelotte into that Sauce-pan, mix your brown and that well together, and pour the whole back again into your Matelotte, and keep it ſtewing 'till it is enough done; then put to it ſome Crawfiſh, or other meagre Cullis, lay it handſomely in a Diſh, and ſerve it warm for the firſt Courſe.

### *To make an* Olive *of all Sorts of Fiſh.*

YOU muſt take of all Sorts of Fiſh that are not flat, as Carps, Pikes, Mullets, Trouts, *&c.* being cleanſed and waſhed, take the firmeſt and biggeſt for boiling, and the other for frying and farcing: Your Fiſh being boiled off quick, as likewiſe your other Fiſh being all ready, diſh on your Sippets ſome large Fiſh turned round in the Middle of your Diſh, or a Collar of Salmon baked in the Oven, with the Heads of Fiſhes on the Top of it, and your fried Fiſh betwixt them; your Smelts and Gudgeons round the Brims of your Diſh, and have a Force-Meat made of Fiſh in little Balls, place them between the Boiled and the Fried; then having your Oyſters, Cockles, Prawns, Periwinkles, Crawfiſh, or ſliced Lobſters, or any of theſe ready in your Sauce of thick Butter, as likewiſe your Anchovies, pour it all over your Fiſh, having Nutmeg grated therein: Garniſh it with Lemon, and ſend it ſmoaking hot.

### *A* Biſque *of Fiſh*

YOU may take what freſh Fiſh you pleaſe and clean it very well; then ſteep it in White Wine Vinegar, whole Spice, ſome whole Onions, Sweet Herbs ty'd up, one Lemon ſhred, a Handful of Salt; cover the Fiſh almoſt with Ingredients; let it ſteep an Hour, then have ready boiling, a Thing of fair Water, then put in your Fiſh with the Ingredients on the Fire, and when it is about half enough, put in the boiling Water to it, and this way will make the Fiſh much firmer than the old Way; then fry ſome of the other in hot Liquor; then a rich Sauce made with Oyſters, Shrimps, Muſhrooms, two Anchovies, Capers,

Capers, a Bundle of Sweet Herbs, two whole Onions, one ſtuck with Cloves, Horſe-Radiſh ſcrap'd, Nutmeg, the Juice of a Lemon, the Yolks of two Eggs; mix all theſe together with two Pounds of Butter, and draw it up very thick, then diſh your Fiſh on Sippets, and run over your Sauces. Garniſh your fried Fiſh with Parſley, Horſe-Radiſh, and cut Lemon, and ſerve it up hot. Thus you may do all freſh Fiſh.

## Fiſh Sauce.

TAKE ſome good Gravy, and make it pretty ſtrong of Anchovies, and a little Horſe-Radiſh, then work a Piece of Butter in ſome Flour, and put to it, with ſome more Butter, and draw it up thick: Then with ſtewed Oyſters and Shrimps put it to your Fiſh. Garniſh with fried Parſley, Lemon, and Sippets.

## *Another.*

GET two Anchovies, and boil them in a little White Wine a Quarter of an Hour, with a little Shalot cut thin; then melt your Butter very thick, and put in ſome picked Shrimps, and pour it over your Fiſh. You may add Oyſter Liquor.

## Fiſh Sauce *to keep the whole Year.*

GET twenty four Anchovies, chop them Bones and all; put to ten Shalots, a Handful of ſcraped Horſe-Radiſh, four Blades of Mace, one Quart of *Rheniſh* Wine, or White Wine, one Pint of Water, one Lemon cut in Slices, half a Pint of Anchovy Liquor, one Pint of Claret, twelve Cloves, twelve Pepper Corns; boil them together,

'till it comes to a Quart; then ſtrain it off in a Bottle, and two Spoonfuls will be ſufficient to a Pound of melted Butter.

## *Another* Sauce *for Fiſh.*

A Little Thyme, Horſe-Radiſh, Lemon Peel, and whole Pepper, being boiled in fair Water, add four Spoonfuls of White Wine, with two Anchovies, and let all boil together for a while; then ſtrain them out, and turn the Liquor into the ſame Pan, with a Pound of freſh Butter; as ſoon as it is melted, remove the Pan, and ſlip in the Yolks of two Eggs, well beaten with three Spoonfuls of White Wine. Laſtly, ſet your Sauce over the Fire again, and ſtir it continually, 'till it is as thick as Cream; then pour it on your Fiſh very hot, and ſend to the Table.

## *A particular* Sauce *called,* Ramolade.

THIS Sauce, being proper for ſeveral Sorts of Fiſh cut into Fillets or thin Slices, is made of Parſley, Chibbols, Anchovies and Capers all chopp'd ſmall, and put into a Diſh with Oil, Vinegar, a little Salt, Pepper, and Nutmeg well tempered together. After the Fillets are dreſs'd, this Ramolade is uſually turned over them, and ſometimes Juice of Lemon is added, when they are to be ſerved up cold.

CHAP.

# CHAP. XVII.

## BUTCHER's MEAT.

### *BEEF.*

*To dreſs* Beef à la Braiſe.

GET two or more Ribs of Beef, only the fleſhy Part of them that is next the Chine, cutting off the long Bones, and taking away all the Fat; lard it with large Pieces of Bacon, ſeaſoned with Spices, Sweet Herbs, Parſley, young Onions, a little Quantity of Muſhrooms and Truffles ſhred very ſmall. When your Beef is thus larded, bind it about with Packthread for fear it ſhould break to Pieces when you come to take it out of the Stew-pan, which muſt be bigger or leſs according to the Size of your Beef: Cover the Bottom of it with Slices of fat Bacon, and over that lay Slices of lean Beef an Inch thick well beaten, and ſeaſoned with Spice, Herbs, Onions, Lemon Peel, Bay Leaves, Pepper, and Salt; then put in the Beef, obſerving to lay the fleſhly Side downmoſt, that it may the better take the Taſte of the Seaſoning. You muſt ſeaſon the upper Part of it as you did the lower, and lay over it in like Manner Slices of fat Beef, and over them Slices of Bacon: This done, cover your Stew-pan, and cloſe it well with Paſte all round the Edge of the Cover; then put ſome Fire as well over as under it: While your Beef is thus getting ready, make a Ragoo of Veal Sweetbreads, Capons Livers, Muſhrooms, Truffles, Aſparagus Tops, and Artichoke

Artichoke Bottoms, which you muſt toſs up with a little melted Bacon, moiſten with good Gravy, and thicken with a Cullis made of Veal and Gammon of Bacon. When you are ready to ſerve take up your Beef, and let it drain a little; then lay it in the Diſh in which you intend to ſerve it, and pour your Ragoo upon it.

This Beef *à la Braiſe* is ſometimes ſerved with a haſhed Sauce, made in the following Manner: We take a little of the Lean of a Gammon of Bacon, ſome young Onions, a little Parſley, ſome Muſhrooms, and Truffles; and ſhred all of them very ſmall together: Then we toſs it up with a little Lard, moiſten it with good Gravy, and thicken it with the Cullis laſt mentioned, and when we ſerve up the Beef, we pour this Sauce upon it.

At other Times, it may be ſerved up with a Ragoo of Cardoons, or Suecory, or Sellery, or of roaſted Onions, or Cucumbers; which laſt is made as follows:

Take ſome Cucumbers and pair them, cut them in two in the Middle, take out the Seeds; then cut them in ſmall Slices, and marinate them for two Hours, with two or three ſliced Onions, Vinegar, and a little Pepper and Salt; after this, ſqueeze your Cucumbers in a Linnen-Cloth, and then toſs them up, in a little melted Bacon; when they begin to grow brown, put to them ſome good Gravy, and ſet them to ſimmer over a Stove. When you are ready to ſerve, take off the Fat from your Cucumbers, thicken them with a good Cullis made of Veal and Gammon of Bacon, and pour them on your Beef.

This Ragoo of Cucumbers ſerves likewiſe for all Sorts of Butcher's Meat, that is, either roaſted or ſtewed in whole Joints in its own Gravy.

Beef

Beef *à la Braiſe*, is made of all the Pieces that grow next the Chine from the Neck to the Rump, as well as of the Ribs.

## Beef *farced.*

THE ſame Pieces of Beef only are farced that are dreſſed *à la Braiſe*; that is to ſay, thoſe that are commonly called Roaſting Pieces, and thoſe may be farced with a Salpicon, the Receipt, for making of which, ſee hereafter. Or elſe when your Beef is almoſt roaſted, raiſe up the Skin or Outſide of it, and take the Fleſh of the Middle, which you muſt ſhred very ſmall, with the Fat of Bacon and Beef, fine Herbs, Spices, and good Garniſhings. With this you farce or ſtuff Beef between the Skin and the Bone, and ſew it up very carefully to prevent the Fleſh from dropping into the Dripping-pan, when you make an end of roaſting it.

## Briſcuit *of Beef* à la Chalonnoiſe.

YOU muſt take a Briſcuit of Beef, and ſet it a boiling, when it is half boiled, take it up and lard it with large Lardoons of Bacon; then put it on a Spit, and to make it ſtick faſt, take two Sticks and tie them at both Ends of it. Have in your Dripping-pan a Marinade made of Vinegar, Pepper, Salt, Spice, Onion, the Rine of Lemon and Orange, Roſemary, and Sage; and keep baſteing with it all the while it is roaſting: When it is enough, ſet it a ſimmering in the Sauce, which you may thicken with Chippings of Bread, or Flour ſtirred in a little ſtrong Broth. Let your Garniſhings be Muſhrooms, Palates, and Aſparagus.

*A* Rump

## *A* Rump *of* Beef *roll'd.*

HAving taken out the Bones, make a Slit the whole Length of it, and ſpread it as much as you can: Lard it with large Lardoons of Bacon well ſeaſoned: Make a Farce of the Fleſh of the Breaſts of Fowls, Beef-Sewet, Muſhrooms, and boiled Ham: Seaſon your Farce with Pepper, Salt, Sweet Herbs, Spices, Parſley, and ſmall Onions, a few Crumbs of Bread, moiſtened with Cream, and three or four Yolks of raw Eggs; haſh all theſe together and pound it in a Mortar. Having ſpread this Farce on the Piece of Beef, roll it up at the two Ends, and tie it faſt with Packthread: Take a Pot or Kettle of the Size of your Piece of Beef, and garniſh the Bottom of it firſt with Bards of Bacon, and then with Slices of Beef well ſeaſoned with Salt, Pepper, Herbs, Spices, Onions, Carrots, and Parſnips; put the Piece of Beef into the Pot, and cover it with Beef and Bacon, as under it; cover your Pot very cloſe, put Fire under and over it, keep it ſtewing for ten or twelve Hours: Make haſhed Sauce with ſome Ham of Bacon cut in Dice, with haſhed Muſhrooms and Truffles, ſmall Onions, and Parſley. Toſs up all this in a Sauce-pan with a little melted Bacon, and moiſten it with good Gravy; when it is enough, take off all the Fat, and thicken the Sauce with a Cullis of Veal and Bacon. When you are going to ſerve, mix among it a haſhed Anchovy and a few Capers: Take up your Beef and drain it very well; then lay it in your Diſh, pour your Sauce upon it; ſo ſerve it very warm.

At

At another Time you may ſerve it with a Ragoo of Calves Sweetbreads, and Cocks Combs, or with a Ragoo of Cucumbers and Succory.

## Beef *Fillets.*

FILLETS or Slices of Beef larded, and marinated with Vinegar, Salt, Pepper, Cloves, Thyme, and Onions, muſt be roaſted leiſurely on a Spit, and then put into good Gravy with Truffles; and garniſhed with marinated Pigeons or Chickens.

*To ragoo* Beef, *ſee the Chapter of* Ragoos.

## Beef *eſcarlot.*

TAKE a Briſcuit of Beef and rub all over half a Pound of Bay Salt, and a little White Salt mix'd with it; then lay it in an Earthen Pan or Pot; turn it every Day, and in four Days it will be red; then boil it four Hours very tender, and ſerve it with Savoys, or any Kind of Greens, or without, with pick'd raw Parſley all round.

## Beef à la Daub.

GET a Rump or Buttock of Beef, lard it and force it, then paſs it off brown; put in ſome Liquor or Broth, and a Faggot of Herbs; ſeaſon with Pepper, Salt, Cloves and Mace; ſtove it four Hours very tender, and make a Ragoo of Morels, Truffles, Muſhrooms, Sweetbreads and Pallates, and lay all over. Garniſh with Petty Patties and ſtick Atlets over.

### Beef á la Mode *in Pieces.*

YOU muſt take a Buttock, and cut it in two Pound Lumps, lard them with groſs Lards ſeaſoned; paſs them off brown, and then ſtove them in good Liquor or Broth of Sweet Herbs as will juſt cover the Meat; put in a Faggot and ſeaſon with Cloves, Mace, Nutmeg and Salt; and when tender, ſkim all well, and ſo ſerve away hot or cold.

### Beef *Olives.*

CUT a Rump of Beef into long Streaks, cut them ſquare, and waſh them with an Egg and ſeaſon them; lay on ſome Force-Meat, and roll them and tie them up faſt, and either roaſt them or ſtove them tender. Sauce them with Shalots, Gravy and Vinegar.

### *A* Haſh *of raw* Beef.

CUT ſome thin Slices of tender Beef and put them in a Stew-pan, with a little Water, a Bunch of Sweet Herbs, ſome Lemon Peel, and Onion, with ſome Pepper, Salt, and ſome Nutmeg; cover theſe cloſe, and let them ſtew 'till they are tender; then pour in a Glaſs or two of Claret, and when it is warm, clear your Sauce of the Onion, Herbs, *&c.* and thicken it with burnt Butter. It is an excellent Diſh. Serve it hot, and garniſh with Lemon ſliced, and red Beet-Roots, Capers, and ſuch like.

### *Thin* Beef-Collops *ſtewed.*

CUT raw Beef in thin Slices, as you would do Veal for *Scots* Collops; lay them in a Diſh, with a little Water, a Glaſs of Wine, a Shalot, ſome Pepper and Salt, and

and a little Sweet Marjoram powdered; then clap another Diſh over that, having firſt put a thin Slice or two of fat Bacon among your Collops; then ſet your Meſs, ſo as to reſt on the Back of two Chairs, and take ſix Sheets of whited-brown Paper, and tear it in long Pieces; and then lighting one of them, hold it under the Diſh, 'till it burns out, then light another, and ſo another 'till all your Paper is burnt, and then your Stew will be enough, and full of Gravy. Some will put in a little Muſhroom Gravy, with the Water and the other Ingredients, which is a very good Way.

### *Stewed* Beef-Steaks.

GET good Rump-Beef-Steaks, and ſeaſon them with Pepper and Salt; then lay them in the Pan, and pour in a little Water, then add a Bunch of Sweet Herbs, a few Cloves, an Anchovy, a little Verjuice, an Onion, and a little Lemon Peel, with a little Bit of Butter, or fat Bacon, and a Glaſs of White Wine. Cover theſe cloſe, and ſtew them gently, and when they are tender, pour away the Sauce, and ſtrain it; then take out the Steaks, and flour them, and fry them; and when you put them in the Diſh, thicken the Sauce, and pour it over them.

### *An admirable Way of boiling a* Rump *of* Beef.

HAving common Salt, all Sorts of pot Herbs, and a little Salt Petre, rub your Beef all over with them, and let it lie three or four Days; put it in a large Pot, with Water, over a good Fire, and put in Onions, Carrots, Garden Herbs, Cloves, Pepper, and Salt; boil your Beef, and when ready, lay it in a Diſh, garniſhed with green Parſley, and ſerve it.

## *To ſtew a* Rump *of* Beef.

TAKE an oval Stew-pan, with a cloſe Cover, lay in a Rump of Beef, but cut off the Bone, cover the Beef with Water, put in a Spoonful of whole Pepper, two Onions, a Bunch of Sweet Marjoram, Savoury, Thyme, and Parſley, half a Pint of Vinegar, a Pint of Claret, and ſeaſon it with Salt; ſet it on the Stove, cloſe covered, to ſtew four Hours, ſhaking it ſometimes, and turning it four or five times; if it be too dry, pour in warm Water; make Gravy as for Soop, and put in three Quarts of it; keep it ſtewing 'till Dinner is near ready, then ſtew twelve Turnips, cut the broad Way in four Slices, and flour them well, and fry them at twice in boiling Beef-Sewet, and drain them. When the Beef is tender, put it dry in a Diſh, and put the Turnips into the Gravy; ſhake them together, and let them heat over the Fire, and pour it over the Beef; melt two Ounces of Butter in the Sauce-pan, where you ſhook up your Turnips, and a little Gravy, and pour all over the Beef, and ſerve it.

## *Portugal* Beef.

BROWN the Thin of a Rump of Beef in a Pan of brown Butter, and force the Lean of it with Sewet, Bacon, boiled Cheſnuts, Anchovies, an Onion, and ſeaſon it; ſtew it in a Pan of ſtrong Broth, and make for it a Ragoo of Gravy, pickled Gerkins, and boiled Cheſnuts; thicken it with brown Butter, and garniſh it with ſliced Lemon.

To

### *To dry* Beef *after the* Dutch *Way.*

HAving the beſt Part of the Buttock of a fat Ox, cut it in what Shapes you pleaſe, then take a Quart of Petre Salt, and as much good Bay Salt, as will ſalt it very well, and let it ſtand in a cold Cellar ten Days in Salt; in which Time you muſt turn and rub in the Salt; then take it out of the Brine, and hang it in a Chimney, where a Wood-Fire is kept, for a Month; in which Time it will be dry, and will keep a Twelve-month. When you eat it, boil it tender, and when cold, cut it in thin Shivers, and eat it with Vinegar, and Bread and Butter.

### Palates *of* Beef, *en gratin.*

LET ſome raſped Parmeſan be put in the Bottom of your Diſh, with a little Cullis; put in your Palates, pour ſome Cullis, and ſtrew ſome Parmeſan over them, then ſend your Diſh to the Oven to get a Colour, and when that is done, add ſome Eſſence of Ham, and Juice of Lemon.

### Fillets *of* Beef *after the* Indian *Way.*

TAKE a Fillet of Beef, lard it with middling Bacon, and ſlice it on the Side it is not larded. Then marinate your Fillet during two Hours, with Salt, Pepper, Sweet Herbs, Garlick cut ſmall, the Juice of two Lemons, and a Glaſs of good Oil. Put your marinated Fillet, wrapt up in Paper, upon a Skewer, tie this to the Spit, and baſte it with your Marinade, which muſt be mixed with a Glaſs of White Wine. Your Fillet being done, take off the Paper, diſh it up with an *Italian* Sauce, and ſerve it up hot for a firſt Courſe.

*A* Dutch

## *A* Dutch *Way of dreſſing* Beef *callled*, Pater-Stuck-Gheroockt.

THIS is a Briſcuit of Beef, ſoaked eight Days in Brine, and then hung up for three Months. It is then to be waſhed in ſeveral Waters to get the Salt out, and boiled with Cauliflowers, Cabbage, Spinage, and thickened Butter ſerved with it. It may be likewiſe ſtewed with Carrots.

## *A* Salpicon.

A Salpicon is a Sort of Ragoo, ſo called, and is uſed in great Diſhes of roaſt Meat, in the firſt Courſe, ſuch as Chines of Beef or Mutton, Barons of Beef, and Quarters of Mutton or Veal, *&c.* It is made as follows:

GET ſome Cucumbers, cut them in Dice, and lay them in a Diſh to marinate in Vinegar, Pepper and Salt, and an Onion or two, cut in Slices; cut ſome of the Lean of a Ham of Bacon in Dice; take ſome Muſhrooms and Truffles, the Breaſts of Pullets, fat Livers and Veal Sweetbreads. Squeeze the Cucumbers, toſs them up in a Sauce-pan over a Stove with a little melted Bacon; moiſten them with Gravy, and let them ſimmer in it over a gentle Fire; then take the Fat clean off: Set over a Stove another Sauce-pan with a little melted Bacon, into which put the Ham you had cut in Dice, a few Cives and a little Parſley. Mince the Muſhrooms, Truffles, and Sweetbreads, and toſs up all the Ingredients together, and then moiſten them with ſome Gravy, ſeaſon them with Pepper, Salt, and a Bunch of

of Herbs; and when they have ſimmered a while in it, take off all the Fat; when they are almoſt enough, put to them the fat Livers, and the Breaſts of your Pullets cut in Dice; then bind your Salpicon with ſome Cullis of Veal and Ham, and ſome Eſſence of Ham. When the Cucumbers are ready, bind them likewiſe with the ſame Cullis, and put the whole into the ſame Sauce-pan, that is to ſay, put the Ragoo of Cucumbers into the Salpicon.

Make a Hole in your Piece of roaſt Meat, in the Part you think moſt convenient; for Example, if it be a Quarter of Veal or Mutton, make it in the Leg; and having taken out the Fleſh, that may ſerve for ſome other Uſe, put the Salpicon in the Room of it.

A Salpicon may be ſerved in a Diſh by itſelf.

### *To roaſt a* Tongue *and* Udder.

BOIL the Tongue a little, blanch it, and lard it with Bacon, the Length of an Inch, being firſt ſeaſoned with Nutmeg, Pepper, and Cinamon, and ſtuff the Udder full of Cloves; then ſpit and roaſt them; baſte them with Sweet Butter, and ſerve them up with Claret Sauce. Garniſh with ſliced Lemon.

### Tongues *with forced* Udders *roaſted.*

YOU muſt firſt boil off your Ox Tongues, and your Udders, then make a good Forced-Meat with Veal; and as for your Tongues, you muſt lard them, and your Udders you muſt raiſe the Inſide, and fit them with Forced-Meat, waſhing the Inſide with the Yolk of an Egg; then tie the Ends cloſe, and ſpit them, and roaſt them: Make a Sauce with Syrup of Claret or Gravy. You may draw the Udders on the Top with Lemon Peel and Thyme.

Ox

## Ox Tongues *à la Mode.*

HAving large Ox Tongues, boil them tender, then blanch them and take the Skin off, and lard them on both Sides, leaving the Middle; then brown them off, and ſtove them one Hour in good Gravy and Broth; ſeaſon with Spice and a Faggot of Herbs, and put in ſome Morels, Truffles, Muſhrooms, Sweetbreads, and Artichoke Bottoms; then ſkim off the Fat and ſerve either hot or cold.

## Neats Tongues *à la Braiſe.*

CUT away the Roots of the Tongues, and then put them into boiling Water, that you may take off the Skin as clear as poſſible; lard them with large Bits of a raw Gammon of Bacon well ſeaſoned: Then take a Boiler, and cover the Bottom of it with Bards of Bacon, and Slices of Beef well beaten; Lay in your Tongues with ſliced Onions, and all Sorts of Sweet Herbs, and Spices, and ſeaſon them beſides, with Pepper and Salt; cover them beſides with Slices of Beef and Bacon, in the ſame Manner as under them, ſo that they may be entirely wrapped up in them; put them to ſtew *à la Braiſe*, with Fire over and under: You muſt keep them ſo eight or ten Hours, that they may be thoroughly done. After which, you muſt have in Readineſs a good Cullis of Muſhrooms, or ſome other good Ragoo with all Sorts of Ingredients, as Muſhrooms, Morels, Truffles, Sweetbreads, *&c.* Having taken up your Tongues, you drain them and take off the Fat; then lay them in a Diſh, and your Ragoo over them; if you would garniſh the Diſh, you may cut one of the Tongues

Tongues in Slices, or elſe garniſh it with Fricandos, all ſerved very warm.

Calves Tongues are ſometimes dreſſed in the ſame Manner; and if one will, they may be farced without larding, and ſerved up with the ſame Ragoo.

### *Another Way to dreſs a* Neat's Tongue.

BOIL it in Water with a little Salt, and a Faggot of Sweet Herbs: When it is almoſt enough, cut off the Root, take off the Skin, and lard it with long Bits of Bacon; then lay it down to the Fire, and while it is roaſting, baſte it with Butter, Salt, Pepper and Vinegar. When it is roaſted, cut it in large Slices, and toſs it up a Moment in a Stew-pan, with a Ramolade made of Anchovies, Capers, Parſley and Onions ſhred very ſmall: Then toſs all up in good Beef Gravy, with Salt, Pepper, a few Rocamboles, and a Drop of Vinegar, and ſerve it for the firſt Courſe.

We ſerve it likewiſe after having cut it in Slices, with a Ragoo of Muſhrooms, Sweetbreads, Artichoke Bottoms, Salt, Pepper, Butter, or melted Bacon: We ſet it a ſimmering in this Ragoo, and ſo ſerve it, but obſerve, that when we ſerve it this Way, we uſe no Vinegar in baſting it but only Butter.

Calves Tongues are dreſſed in the ſame Manner, and may be ſerved whole, either with a *Poivrade*, or a ſweet Sauce.

### *To make a Sauce* Poivrade.

PUT ſouce Vinegar into a Sauce-pan with a little Veal Gravy, one whole Leek, an Onion cut in Slices, and two or three Slices of Lemon; ſeaſon it with Pepper and Salt, and when it is boiled ſtrain it thro' a Sieve, pour it into a Porringer, and ſerve it hot.

## *MUTTON.*

### *To dreſs a* Leg *of* Mutton à la Royale.

HAving taking off the Fat, and the Fleſh and Skin that is about the Shank Bone, lard the Leg with large Lardoons well ſeaſoned; lard likewiſe, at the ſame Time, a round Piece of a Buttock of Beef, or of a Leg of Veal; then ſeaſon all this very well, drudge it with Flour, and put it into boiling Hog's Lard to give it a Colour: Then put it into a Pot with all Sorts of ſavoury Herbs, an Onion or two ſtuck with Cloves, and put in ſome Broth or Water; cover the Pot very cloſe, and let it boil two Hours, mean while, get ready a Ragoo of Muſhrooms, Truffles, Aſparagus Tops, Artichoke Bottoms and Veal Sweetbreads, to which put a good Cullis. Take up your Leg of Mutton, lay it in a Diſh, and cut your Piece of Beef or Veal into Slices, to make a Rim round your Mutton; pour the Ragoo hot upon it, and ſo ſerve away.

### Shoulder *of* Mutton *in Epigram.*

GET a Shoulder of Mutton and roaſt it, take off the Skin as neatly as you can, about the Thickneſs of a Crown, leaving the Shank Bone to it; then take the Meat and cut it in ſmall thin Slices, the Bigneſs of a Shilling; then put it in a Cullis that is well ſeaſoned, and take Care not to let it boil; then take the Skin of your Shoulder of Mutton, and put ſome Crumbs of Bread, with ſweet Herbs, over it, and put it on the Gridiron, and when it has taken Colour, ſee that your Haſh be well ſeaſoned; diſh it up, putting on the broiled Skin.

This ſome call a Shoulder of Mutton in *Gallimaufry.*

Mutton

## Mutton Collops.

YOU muſt take ſome Mutton that is well mortified, that is, ſtale, but ſweet, take out the Skin and Sinews, and cut them ſmall and thin, about the Bigneſs of a Crown Piece, ſuch a Quantity as you think will be enough for your Diſh; take a Stew-pan with ſome Butter, and lay your Collops in, one after another; take Care they are very thin, and put a little Salt, Pepper, Spices, Parſley, and green Onions, chopped very fine, over them, with ſome Truffles, or Muſhrooms, and put your Stew-pan over a Fire that is very quick, and ſtir them with a Spoon, and when you think they are done, dreſs them in the Diſh you are to ſerve them in: Then put in the Pan a little Cullis and Gravy, with a Rocambole, and when it is boiled up, and a little thick, put in the Juice of a Lemon, and put it over your Collops, and ſerve them up hot.

## *A* Harrico *of* Mutton.

HAving a Neck or Loin of Mutton, cut it into ſix Pieces, ſeaſon it with Pepper and Salt; then paſs them off on both Sides in a Frying-pan or Stew-pan; put to them ſome good Broth, a Faggot of Herbs, ſome diced Carrots or Turnips fried off, and two Dozen of Cheſnuts blanched, and three or four ſmall Lettuces; ſtew all this well together; You may put in half a Dozen ſmall, round, whole Onions, and when very tender, skim off the Fat well, and ſerve away. Garniſh with forced Lettuce, and Turnips, and Carrots ſliced.

## Hind Saddle *of* Mutton.

HAving the two hind Quarters of a Sheep, cut off the two Knuckles, that it may ſet even on the Diſh; then take off the Skin as neatly and as far as you can towards the Rump, without taking it quite off, or breaking it: Then take ſome lean Ham, Truffles, green Onions, Parſley, Thyme, Sweet Herbs, Pepper, Salt, and Spices well chopped together, and ſtrew it over your Mutton, where the Skin is taken off; then put the Skin over neatly and wrap it over with Paper well buttered, and tie it and put it to roaſt, and being roaſted, take off the Paper, and ſtrew over ſome Crumbs of Bread, and when it is well coloured, take it off the Spit, diſh it up, and put under it an Eſſence of Ham, or a Shalot Sauce, and ſerve it up hot for the firſt Courſe.

## Hind Saddle *of* Mutton *done* à la *St.* Menehout.

CUT your Mutton as above-mentioned, and lard it with large Lardoons of Bacon ſeaſoned with Pepper, Salt, Sweet Herbs, ſmall Onions and Parſley; then garniſhing an oval or large Gravy-pan that will hold it, put at the Bottom ſome Bards of Bacon and Slices of Beef, put in alſo ſome ſmall Onions, Parſley, Sweet Herbs, and then put in your Mutton, ſeaſoned with Pepper, Salt and Spice, a Bottle of Wine and ſtrong Broth, and put the ſame over it as under, Bards of Bacon, Slices of Beef, with a little Garlick and Bay Leaves, and put it a ſtewing with Fire over and under; and when done, take it out, and put it in the Diſh, pare it neatly, and put ſome Crumbs of Bread over it, mixed with *Parmeſan* Cheeſe, and put it in an Oven to take

take a good Colour, then ſerve it up hot, with Eſſence of Ham under it, for the firſt Courſe.

### Leg *of* Mutton *Ham Faſhion.*

YOU muſt take a hind Quarter very large, and cut like a Jigget, that is, with a Piece of the Loin; then rub it all over with Bay Salt, and let it lie one Day; then put it into the following Pickle: Take a Gallon of Pump Water, put into it two Pounds of Bay Salt, two of White Salt, ſix Ounces of Salt Petre, and four of Peter Salt, one Pound of common brown Four-penny Sugar, ſix Bay Leaves, one Ounce of Lapis Prunella: Mix all this in your Liquor, then put in your Mutton, and in ſeven Days it will be red thorough, then hang it up by the Handle and ſmoak dry it with Deal-Duſt, and Shavings, making a great Smother under it, and in five Days it will be ready: You may boil it with Greens, and it will cut as red as a Cherry; ſo ſerve it as you would a Ham.

### Amphilias *of* Mutton.

HAving two Necks or two Loins, bone them, leaveing the upper top Bones on about an Inch; then lard one with Bacon, the other with Parſley; skewer them, and you may either ſtove or roaſt them; you may fry ſome Cucumbers, and ſtew them after, and lay under, or make a Sauce Robart with Onions, Muſtard, Vinegar, Gravy, and lay under either ſtewed Sellery or Endive, which you chooſe.

### *To ſerve a* Leg *of* Mutton *or* Lamb.

LET all the Meat be taken out, leave the Skin whole; then take the Lean of it, and make it into Force-Meat thus: To two Pounds of your lean Meat, three

three Pounds of Beef Sewet; take away all Skins from the Meat and Sewet; then ſhred both very fine, and beat it with a Rolling Pin, 'till you know not the Meat from the Sewet; then mix with it four Spoonfuls of grated Bread, half an Ounce of Cloves and Mace beaten, as much Pepper, ſome Salt, a few Sweet Herbs, ſhred ſmall, mix all theſe together with ſix raw Eggs, and put it into the Skin again, and ſew it up. If you roaſt it, ſerve it with Anchovy Sauce; if you boil it, lay Cauliflowers, or *French* Beans under it. Garniſh with Pickles, or ſtewed Oyſters, and put under it, with Forced-Meat Balls, or Sauſages fried in Butter.

## *To boil a* Leg *of* Mutton.

LARD your Mutton with Lemon Peel and Beet Root, and boil it as uſual: For Sauce, take ſtrong Broth and White Wine, Gravy, Oyſters, Anchovies, an Onion, a Faggot of Herbs, Pepper, Salt and Mace, and a Piece of Butter rolled up in Flour.

## Mutton Cutlets *the* French *Way.*

SEASON your Cutlets with Pepper, Salt, Nutmeg and Sweet Herbs; then dip two *Scotch* Collops in the Batter of Eggs, and clap on each Side of each Cutlet, and then a Raſher of Bacon each Side again: Broil them, or bake them in a ſlow Oven; when they are done, take off the Bacon, and ſend your Collops and Cutlets in a Ragoo, and garniſh them with ſliced Orange and Lemon.

Cutlets

## Cutlets à la Mointenon.

HAving cut your Cutlets handſomely, beat them thin with your Cleaver, and ſeaſon them well with a little Pepper and Salt; then cover them all over, except within two Inches of the Rib-Bone, as thick as a Crown Piece, with ſome Forced-Meat, and ſmooth it over with a Knife. This done, take as many half Sheets of White Paper as you have Cutlets, and butter them, on one Side, with melted Butter: Dip your Cutlets likewiſe in melted Butter, and throw a little grated Bread on the Top of your Forced-Meat all round: Lay each Cutlet on a half Sheet of Paper croſs the Middle of it, leaving the Bone about an Inch out; then cloſe the two Ends of your Paper on the Sides, as you do a Turnover-Tart; cut off the Paper that is too much, broil your Mutton Cutlets half an Hour, your Veal three Quarters of an Hour: Then take off the Paper, and lay them round in the Diſh, with the Bones outmoſt: Let your Sauce be Butter, Gravy, and Lemon.

## *To haſh a* Shoulder *of* Mutton.

LET your Shoulder be half roaſted, and cut it in very thin Slices; then take a Glaſs of Claret, a Blade of Mace, two Anchovies, a few Capers, a Shalot, Salt, a Sprig of Thyme, Savoury and Lemon Peel, and let it ſtand covered for half an Hour; and when enough, ſhake it up with ſome Capers, and ſerve it.

## *A* Mutton Haſh.

TAKE a roaſted Leg of Mutton, take off all the Skin, and cut the Meat from the Bone in thin Slices, and ſtrew upon it ſome Parſley and Cives, with ſome Truffles, and

and Muſhrooms cut pretty ſmall; then put it all together, into a Sauce-pan, with ſome Pepper and Salt, and a Slice or two of Lemon, with the Rind taken off. Put ſome good Gravy, and give it two or three Turns over the Stove; thicken it with a Cullis, and ſerve it.

### *A* Haſh *of cold* Mutton.

TAKE Gravy, Oyſter Liquor, Anchovies and Nutmeg, according to the Quantity of Meat, and boil it up; then ſtrew in your Meat, and give it a heat or two; put in half a Pound of Sweet Butter, and half a Pint of White Wine, and ſend it to the Table. Garniſh the Diſh with Raſpins of *French* Bread and Lemon.

### *Carbonaded* Mutton.

YOU muſt cut a Joint of Mutton into thin Slices, as if for broiling, and fry them in melted Lard, before they are ſtewed in Broth, with Salt, Pepper, and Cloves, a Bunch of Herbs and Muſhrooms; then flour it a little to thicken it. Garniſh your Diſh with Muſhrooms and fried Bread, and ſerve it with Capers, and a little Lemon Juice.

### *To roll a* Breaſt *of* Mutton.

BONE the Mutton and make a ſavoury Forced-Meat, waſh it over with the Batter of Eggs; then ſpread the Forced-Meat on it, and roll it into a Collar, and bind it with Packthread; roaſt it 'till enough, and put under it a Regalia of Cucumbers.

*A*

## *A* Shoulder *of* Mutton *in Blood.*

WHEN you kill your Mutton, ſave the Blood, take out all the Knots and Strings; take a little grated Bread, Sweet Marjoram, Thyme, and other Sweet Herbs; waſh them and dry them in a Cloth, ſhred them very ſmall with a little grated Nutmeg; mix all theſe in a little warm Blood of the Sheep, and ſtuff the Shoulder with it very much; lay it in ſteep five Hours, with the reſt of the Blood; then lay the Shoulder in the Caul, ſprinkle it with Blood, and roaſt it; let it be well roaſted, and ſerve it with Veniſon Sauce.

## Shoulder *of* Mutton *with a Ragoo of Turnips.*

GET a Shoulder of Mutton, take out the Blade Bone as neatly as you can, and put in the Place, a Ragoo of Sweetbreads, with Muſhrooms, Truffles, Cocks Combs well ſeaſoned; when done, let it be cold before you put it in, and take Care to ſew it tight, that it may keep its natural Form, and put it in a Stew-pan, with ſome Bards of Bacon, Slices of Veal and Ham, Onions, Parſley, Thyme, Sweet Herbs, Salt, Pepper, Spices, with a Ladle full of Broth, and put it a doing with Fire under and over; then you muſt have ſome Turnips cut in what Shape you think proper, and blanch them in boiling Water; then ſtrain them off, and let them be well drained; then put them in a good Cullis, and let them be done enough; then take your Shoulder of Mutton out of the Braiſe, and ſee it be well drained from all the Fat, diſh it up, and put over it your Ragoo of Turnips, and ſerve it up hot for the firſt Courſe.

### Shoulder *of* Mutton á la Rouchi.

TAKE a Fore Quarter of Mutton, take out the Bones as neatly as you can from the Neck and Breaſt, and lard the Fillet, not parting them from the Shoulder, and put it on a Spit to roaſt; and when it is done, put under it ſome ſtewed Endive, and ſerve it up hot with the larded Part uppermoſt for the firſt Courſe.

### Leg *of* Mutton *larded* á la Braiſe, *with a Ragoo of Cheſnuts.*

GET a Leg of Mutton, take off the Skin, and lard it with Bacon and Ham through and through, but ſeaſon your Ham and Bacon well, tie it and put it in a Braiſe; then take ſome Cheſnuts, roaſt them, and take off both Skins very clean, and put them in ſome good Cullis of Veal and Ham, and put them over a ſlow Fire; and when you find they begin to be very ſoft, ſee they be well reliſhed, and put them over your Mutton, and ſerve it hot for the firſt Courſe.

### Sheeps Rumps *with Rice.*

YOU muſt take ſome Sheeps Rumps well cleaned and blanched, and put them a ſtewing in a good Braiſe; and when they are enough, take them out to cool; then take ſome Rice well waſhed and picked, put it in a Pot with ſome good Fat Broth, with an Onion ſtuck with Cloves, a little Pepper and Salt, and ſee it be well ſeaſoned and very thick, and when it is done, put it to cool; then take your Sheeps Rumps, and put them round the Rice as neatly as you can; do them round in Eggs, and Crumbs of Bread

Bread over them: And when you have done them all, take a Frying-pan with ſome Hog's Lard, put it over a Stove, and when your Fat is hot, put your Sheeps Rumps in it, and ſee they be of a good Colour, and diſh them up with fried Parſley round.

### Sheeps Rumps *with* Parmeſan *Cheeſe.*

PUT your Sheeps Rumps in a good Braiſe, as before, and when done, put them to cool; then take ſome Crumbs of Bread very fine, and as much *Parmeſan* Cheeſe mixed together, then take your Rumps and dip them in Eggs, and put the Crumbs of Bread and *Parmeſan* Cheeſe over; and if you find that once doing over is not enough, do them twice, and fry them in good Hog's Lard of a good Colour, and ſerve them with fried Parſley.

## *L A M B.*

### *To roaſt a* Quarter *of* Lamb,

ONE half being larded, drudge the other with ſmall Crumbs of Bread, wrap it up in Paper before you lay it down, for fear it ſhould burn; when it is almoſt roaſted, drudge, as before, the Part of it that is not larded, with Crumbs of Bread, adding to them ſome Salt and Parſley ſhred ſmall; make a briſk Fire to brown it well, and ſerve it with Juice of Lemon and Orange.

### Lamb *with Rice.*

GET a Fore Quarter, and roaſt it about three Parts; take a Pound of Rice, and put in two Quarts of good Broth, and two Blades of Mace, and ſome Salt and

Nutmeg; ſtove it an Hour, and take it off; put in the Yolks of ſix Eggs, and a Pound of Butter, then put your Lamb in Joints in the Diſh and the Rice all over it, waſh it over with Eggs and ſo bake it.

### *A* Leg *of* Lamb forced.

YOU muſt take the Meat out of the Leg cloſe to the Skin and bone and mince it with Beef Sewet, Thyme, Parſley and Onions, beat it in a Mortar with ſavoury Spice and two Anchovies; then waſh the Inſide of the Skin with the Batter of Eggs and fill it, baſte Flour and bake it: The Sauce may be ſeaſoned with Gravy or put to it a Regalia of Cucumbers, Cauliflowers or *French* Beans.

*For* Lamb Pie, *ſee the Chapter of* Paſtry.

## *V E A L.*

### Loin *of* Veal à la Braiſe.

PArboil your Loin of Veal, and lard it with large Lardoons, ſeaſoned with Pepper, Salt and Nutmeg. Garniſh the Bottom of an oval Stew-pan with Slices of Bacon and Veal, ſeaſoned with Salt, Pepper, Sweet Herbs and Spices, minced Parſley, Slices of Onions, Carrots, Parſnips and Lemon: Then lay in your Loin of Veal, the Kidney Side uppermoſt, ſeaſon it over as under, cover it in like Manner with Slices of Veal and Bacon; ſo having covered your Stew-pan, very cloſe, ſtew it with Fire over and under it; when it is enough, drain it well, then lay it in a Diſh, pour upon it a Ragoo of Veal Sweetbreads, Cocks Combs, Muſhrooms, Morels and Truffles, or of Cucumbers, or of Lettuce; ſo ſerve it for the firſt Courſe.

Loin

## Loin *of* Veal *marinated.*

PArboil and lard it with large Lardoons, lay it in a great deep Diſh, put to it a ſufficient Quantity of Vinegar, together with Salt, Pepper, ſome Slices of Lemon and Onion, Bay Leaves, and whole Cives, and let it marinate in it three or four Hours, then put it on a Spit, lard it with Slices of Ham and Bards of Bacon, wrap it round with Paper, and lay it down to the Fire; put into the Dripping-pan a Pound of Butter, together with the Pickle in which you marinated the Veal, and baſte it with it from Time to Time as it is roaſting; when it is enough, take off the Paper and Slices of Bacon, brown it well with a briſk Fire, ſo ſerve it with ſome Eſſence of Ham under it, and garniſh with fried Veal Cutlets.

## *A* Pillaw *of* Veal.

GET a Neck or Breaſt of Veal half roaſted, and cut it in ſix Pieces; ſeaſon it with Pepper, Salt and Nutmeg, and butter the Inſide of your Diſh, then ſtove a Pound of Rice tender, with ſome good white Broth, Mace, and Salt; you muſt ſtove it very thick; put in the Yolks of ſix Eggs; ſtir it about very well, and cool it, and put ſome at the Bottom of your Diſh, and lay your Veal on a round Heap, and cover it all over with Rice; waſh it all over with the Yolks of Eggs, and bake it one Hour and half; then open the Top and pour in ſome good thick Gravy, and ſqueeze in an Orange, and ſo ſerve away hot. Garniſh with ſliced Orange and Veal Cutlets.

*Bombarded*

## *Bombarded* Veal.

GET a Fillet of Veal, cut out of it five lean Pieces, as thick as your Hand, round them up a little, then lard them very thick on the round Side, lard five Sheeps Tongues, being boiled, blanched and larded with Lemon Peel and Beet Root, then make a well ſeaſoned Forced-Meat, with Veal, lean Bacon, Beef Sewet, and an Anchovy, roll it up into a Ball, being well beat, then make another tender Forced-Meat with Veal, fat Bacon, Beef Sewet, Muſhrooms, Spinage, Parſley, Thyme, Sweet Marjoram, Winter Savoury, and green Onions, ſeaſon and beat it: Then put your Forced Ball into Part of this Forced-Meat, put it into a Veal Caul, and bake it in a little Pot: Then roll up that which is left in another Veal Caul, wet with the Batter of Eggs, roll it up like a *Bolonia* Sauſage, tie it at both Ends ſlightly round and boil it; your Forced Ball being baked, put it in the Middle of the Diſh; your larded Veal being ſtewed in ſtrong Broth, lay round it, and the Tongues, fried brown, between each, then pour on them a Ragoo, lay about it the other Forced-Meat, cut as thin as a half Crown, and fried in the Batter of Eggs; then ſqueeze on it an Orange, and garniſh it with ſliced Lemon.

## Veal alamode, à la Daub.

HAving a good Fillet of Veal interlarded as the Beef, add to the ſtewing of it a little White Wine; then make for it a Ragoo, and garniſh it with ſliced Lemon.

*To*

### *To ſtew* Veal.

YOU muſt cut your Veal into ſmall Pieces, ſeaſon it with Salt, whole Pepper, Mace, an Onion and Lemon-Peel, in order to be ſtewed in Water, with a little Butter: When your Meat is enough, ſtir in the Yolks of Eggs beaten, and let all have a Walm or two, before they are taken off from the Fire.

### *To make* Balls *of* Veal.

GET the Lean of a Leg of Veal, and cut out the Sinews; mince it very ſmall, and with it ſome Fat of Beef Sewet; if the Leg be of a Cow-Calf, the Udder will be good inſtead of Sewet; when it is very well tempered together with the Chopping Knife, have ſome Cloves, Mace, and Pepper beaten, and with Salt ſeaſon your Meat, putting in ſome Vinegar; then make up the Meat into little Balls, and ſet them to boil in good ſtrong Mutton-Broth, as ſoon as they are boiled enough, take the Yolks of five or ſix Eggs well beaten, with as much Vinegar as you pleaſe, and ſome of the Broth mingled together; ſtir it into all your Balls and Broth, give it a Walm on the Fire; then diſh up the Balls upon Sippets, and pour the Sauce on it.

### Olives *of* Veal.

YOU muſt take ten or twelve *Scotch* Collops, and waſh them over with Batter of Eggs, and ſeaſon them, and lay over them a little Forced-Meat, and roll them up, and roaſt them; make for them a Ragoo, and garniſh the Diſh with ſliced Orange.

Olives

## Olives *of* Veal *another Way.*

WE take the Fleſh of a Fillet of Veal, with ſome Marrow, two Anchovies, the Yolks of two hard Eggs, a few Muſhrooms and Oyſters, a little Thyme, Marjoram, Parſley and Spinage, Lemon Peel, Salt, Pepper, Nutmeg and Mace finely beaten; then take your Veal Caul, and lay ſeveral Lays of middling Bacon, and of the Ingredients above, one upon another, and roll all up in the Caul to be roaſted or baked; and when it is enough, cut it in thin Slices, and ſerve it in a Diſh of ſtrong Gravy.

## *To make* Olives *of* Veal.

CUT the Fleſh of a Leg of Veal into thin Slices; take Thyme, Marjoram, Parſley, Marrow, Cloves, Mace, Nutmeg and Salt; chop all theſe together, and roll them up in ſome of the long Pieces; then ſpit them on a Bird-Spit, and tie them on; and when they are roaſted, make Sauce for them of Butter, and the Juice of two or three Oranges.

## *An admirable Way of dreſſing* Collops.

CUT a Leg of Veal into thin Slices, and hack them with the Back of a Knife; then lard them thin with Bacon; then take a few Sweet Herbs, and ſome Nutmeg, cut ſmall, ſtrew over the Meat, and flour them, and a little Salt; then take them and fry them brown in ſweet Butter. For the Sauce, take half a Pint of Gravy, a Quarter of a Pint of Claret, one Anchovy, one Shalot; ſhred them and boil them together; then put in a Quarter of a Pound of ſweet Butter, the Yolks of two Eggs well beaten; then

then pour out the Butter you fried them in, if any is left, and put in your Sauce, and ſhake it together; diſh them up very hot, with Lamb's Stones, and Sweetbreads, fried brown. Garniſh your Diſh with Lemons, or Truffles and Morels.

## Scotch Collops *another Way.*

CUT a Fillet of Veal in thin Slices; cut off the Skin and Fat, lard them with Bacon, make three Pints of Gravy, as for Soop; flour your Collops, and fry them brown, and lay them by; then take a Quarter of a Pound of Butter, and put it into a deep Stew-pan; let it melt, and ſtrew in a Handful of Flour, ſhaking and ſtirring it 'till it is brown; then put in the Gravy, and one whole ſmall Onion, a Bunch of Herbs, which muſt be ſoon taken out; let it boil a little, and put in the Collops to ſtew half a Quarter of an Hour: Put in Balls of Forced-Meat ready fried; beat the Yolks of two Eggs, break into them ſix Ounces of Butter, a little Vinegar; take up a little Liquor out of the Stew-pot and mix with it, then pour it all in, and ſhake them well together; take out the Collops, lay them on the Diſh, and let the Sauce thicken a little more, and pour it over the Meat: You may add fried Bacon, Muſhrooms and Palates; put in the Juice of a Lemon.

## White Scotch Collops.

CUT your Veal in thin Slices, lard it with Bacon, ſeaſon it with Cloves, Mace, Sweet Herbs, and grated Bread; ſtew the Knuckle with as little Broth as you can, a Bunch of Sweet Herbs, a little Cloves and Mace; then take a Pint of it, and put in two Anchovies, a Quarter of

a Pint of White Wine, and ſome Muſhrooms; thicken it up with the Yolks of three Eggs, and a Piece of Butter.

### *Another Way to dreſs* Scotch Collops.

WE take the Fleſh Part of a Leg of Veal, and lard it with Bacon, as much as you think fit, ſliced very thin; then take half a Pint of Ale, and do the Veal in it, 'till the Blood be out; then pour out the Ale into a Porringer, and take a little Thyme, Savoury and Sweet Marjoram chopp'd ſmall, ſtrew it over the Veal, and fry it in Butter, and flour it a little, 'till enough; then put it into a Diſh; put the Butter away, and fry thin Bits of Bacon and lay in the Middle of the Diſh. For the Sauce, put into the Ale four Anchovies, and a little White Wine, the Yolks of two Eggs, a little Nutmeg, or Pepper: Melt the Anchovies before you put in the Eggs; and when it begins to thicken, put in a Piece of Butter, and ſhake it about 'till it is melted; then pour it over your Meat. You may do it in Gravy inſtead of Ale; melt your Anchovies in White Wine.

### *To make* Savoury Balls.

WE take the Fleſh of Fowl, Beef Sewet, and Marrow, of each the like Quantity; ſeven Oyſters, a little lean Bacon, with Sweet Herbs, Pepper, Salt, Nutmeg, and Mace; pound them, and make it up into Balls.

### *To make* Force-Meat-Balls.

TAKE a Pound of Veal, and the ſame Weight of Beef Sewet, and a Bit of Bacon, ſhred altogether; beat it in a Mortar very fine; then ſeaſon it with Sweet

Sweet Herbs, Pepper, Salt, Cloves, Mace and Nutmegs; and when you roll it up to fry, add the Yolks of two or three Eggs to bind it: You may add Oyſters, or Marrow at an Entertainment.

## Breaſt *of* Veal *in Galantine.*

BONE a Breaſt of Veal, ſtretch it, and beat it as flat as you can; ſeaſon it with Parſley, Thyme, Marjoram, Winter Savoury, Marygolds, all well minced, Pepper, Salt, Nutmeg; roll it up well, and tie it very cloſe, then tie it up in a Cloth, and boil it in good ſeaſoned Broth, Wine, and a little Thyme. When it is boiled, let it cool in the ſame Liquor; ſend it up either whole or in Slices, upon a Napkin. Garniſh it as you like.

## Jigget *of* Veal à la Daub.

AFTER having taken off the Skin, blanch it, lard it with ſmall Lardoons, and lay it to ſoak in Verjuice, White Wine, Salt, a Faggot of Sweet Herbs, Pepper, Bay Leaves and Cloves: Then roaſt it, baſting it with the ſame Wine, mixed with Verjuice, and a little Broth: When it is roaſted, if you intend to eat it hot, make your Sauce of the Dripping, a little fried Flour, Capers, Slices of Lemon, Juice of Muſhrooms, and Anchovies. Let your Jigget ſimmer in it for ſome Time, and ſerve it away.

A Leg of Mutton may be done the ſame Way.

## *A* Loaf *of* Veal.

BEAT ſome thin Slices of Veal flat with your Cleaver; take Meat enough to make your Loaf with; then take another Lump of your Slices of Veal, and cut into

Bits, together with ſome Beef Sewet, ſome Bacon and a Calf's Udder blanched; put all together in a Stew-pan over the Fire, ſeaſon it with Pepper, Salt, Sweet Herbs, fine Spice, Chibbols, Parſley, Garlick, Muſhrooms and Truffles, if you have any; toſs it up and ſtir it together, and put into it Crumbs of Bread boiled in Milk, and four or five Yolks of Eggs: All this being well minced, garniſh the whole Bottom of a Stew-pan, with ſome thin broad Slices of Bacon, and over them ſome Slices of Veal, and then your Forced-Meat all round it the Thickneſs of two Fingers: At laſt, put in a ſmall Ragoo made of Griſtles of Veal, and ſome green Peaſe; let all be well done, and of a good Taſte, and put this Ragoo into your Loaf of Veal, putting, at the ſame Time, more of your Forced-Meat, and ſmall Slices of Veal over the ſame; bring your Slices of Bacon to lay about it, and let them ſtew: It being done, take out the ſaid Slices of Bacon, pour out the Fat, turn it upſide down in the Diſh, skim it well, and put your Ragoo of green Peaſe over it, or inſtead of Peaſe a Cullis.

At another Time you may ſerve up your Loaf with a Ragoo of Sweetbreads of Veal, Cocks Combs, Muſhrooms, Truffles, or an Eſſence of Ham.

At another Time, you may make uſe of a Calf's Caul, inſtead of Slices of Veal, and ſerve it up.

At another Time, inſtead of taking Griſtles of Veal to put into your Loaves, take Fillets of all Sorts of Fowls; and put over your Loaf an Eſſence, or a Ragoo of *Spaniſh* Cardoons, or ſuch other Sauce or Ragoo as you think fit.

At

At another Time, inſtead of ſuch Fillets, you may make uſe of a Ragoo of Sweetbreads.

## Veal *Blanquets.*

HAving a Piece of roaſt Veal, cut off all the Skin and nervous Parts, into little thin Slices; put ſome Butter in a Stew-pan over the Fire, with ſome chopp'd Onion; fry it a little, then add a little Duſt of Flour to it, and wet it with good clear Broth: Put to it a Faggot of Sweet Herbs and young Onions, ſeaſon it with Spice; make it of a good Taſte, then put in your Veal, bind it with Eggs and Cream like a Fricaſey, a little Shalot, Rocambole, and Parſley chopp'd ſmall, and a little grated Nutmeg and grated Lemon Peel, with ſome Lemon Juice, make it ſavoury; and laſt of all, put in a Spoonful of Oil; ſerve it hot.

## *A* Shoulder *of* Veal, à la Piemontoiſe.

HAving a Shoulder of Veal, take off the Skin, that it may hang at one End, cut Lardoons of Bacon and Ham, ſeaſoned with Pepper, Salt, fine Spice, fine Herbs, and lard the Shoulder of Veal with it; cover it again with the Skin, and braiſe it; then take Sorrel and Lettuce picked and waſhed clean, chop it very well, put it over the Fire in a Stew-pan with a little Butter, chopp'd Parſley, Onions and Muſhrooms. The Herbs being ſtewed tender, put to it ſome good Cullis, Bits of Ham and Sweetbreads, cut in Dice. When the Shoulder of Veal is ready, take it out and drain it, put it in the Diſh you intend it for, take off the Skin, put ſome of the Sweet Herbs under and over, put the Skin over it again, wet it with melted Butter, and

ſtrew

ſtrew over it ſome *Parmeſan*; give it a Colour in the Oven; ſerve it hot.

### *A* Neck *of* Veal *in Farced-Meat Cutlets.*

BOIL the Neck of Veal in your Soop; when it is boiled, take it out, and cut all the Fleſh from off the Bones, and make it into a good Farced-Meat, then form the Farced-Meat like Cutlets, with the Ribs ſticking out, put them into a Baking-pan, do them over with Yolks of Eggs and Crumbs of Bread; put them in the Oven, give them a good Colour, then put them in your Diſh with Gravy under them; ſerve them hot.

*For ragooing a* Breaſt *of* Veal, *ſee the Chapter of* Ragoos.

### *To haſh a* Calf's Head.

YOUR Calf's Head being ſlit and cleaned, and half boiled, and cold, cut one Side into thin Slices, fry it in a Pan of Butter; then having a Sauce-pan on the Stove, with a Pint of Gravy, a Pint of ſtrong Broth, a quarter of a Pint of Claret, and as much White Wine, a few Savoury Balls, and a Pint of Oyſters, with Lamb's Stones and Sweetbreads, boiled and blanched, and ſliced, with Muſhrooms and Truffles, two or three Anchovies, with two Shalots, and a Faggot of Sweet Herbs, toſſed up and ſtewed together; ſeaſon it with Nutmeg, Mace, Pepper and Salt; then ſcotch the other Side, a-croſs, and a-croſs; flour, baſte, and broil it: The Haſh being thickened with brown Butter, put it in the Diſh; lay about it fried Balls, and the Tongue ſliced and larded with Bacon, and Lemon Peel; then fry, in the Batter of Eggs, ſliced Sweetbreads, carved

carved Sippets and Oyſters; lay in the Head, and place theſe about the Diſh, and garniſh it with ſliced Orange.

### *To haſh a* Calf's Head *another Way.*

BOIL your Calf's Head 'till the Meat is near enough for eating, take it up, and cut it into thin Slices; then put to it half a Pint of White Wine, and three Quarters of a Pint of Gravy; put to this Liquor two Anchovies, half a Nutmeg, a little Mace, and a ſmall Onion ſtuck with Cloves; boil this up in the Liquor, a Quarter of an Hour; then ſtrain it, and let it boil gently again; then put in your Meat, with a little Salt, and ſome Lemon Peel ſhred fine, and let it ſtew a little; mix the Brains with the Yolks of Eggs, and fry them for garniſh; when your Head is ready, ſhake in a Bit of Butter, and ſerve it up.

### *An admirable Way to roaſt a* Calf's Head.

GET a Calf's Head with the Skin on, and ſcald it, and boil it an Hour and half; when cold, lard it with Lemon Peel, and then ſpit it; when it is enough, make good ſavoury Sauce, as you do for a haſhed Head, and put into it Forced-Meat-Balls, fried Sweetbreads, Eggs, and Clary, a little Bacon, ſome Truffles and Morels, Muſhrooms and Oyſters, and a little Lemon Juice, and mix it all well together, with the Sauce, and pour over the Head. It may be done as well with the Skin off, as it comes from the Butcher's.

### Calf's Head *Surpriſe.*

YOU muſt bone it and not ſplit it, cleanſe it well, and fill up the vacant Place with Meat, and make it in the ſame Form as before; you may put in the Middle a Ragoo

Ragoo, and cover it with Force-Meat; then waſh it with Egg, and crumb it, and bake it; ſo ſerve it.

### *To roaſt* Veal Sweetbreads.

LARD them with ſmall Lardoons, run a Skewer thro' them, faſten them to the Spit, and roaſt them 'till they are very brown; then lay them in a Diſh, in which you have put ſome Eſſence of Ham, or good Gravy; ſo ſerve them.

### *To fry* Veal Sweetbreads.

AFTER having blanched and cut each Sweetbread in three or four Pieces, lay them in a Diſh with an Onion cut in Slices, ſome whole Cives, and a Bay Leaf, Salt, Pepper, two or three Cloves, and Juice of Lemon; let them marinate in this for two Hours, mean while, make a Batter as follows: Put into a Pan one Handful of Flour, and a little Salt, beat it into Batter with fair Water, and one Egg, melt as big as a Walnut of Butter, and add to it: Take Care it be not too thick, nor too thin: Take the Sweetbreads out of the Marinade, and having dried them well between two Napkins, put them into the Batter; heat ſome Hog's Lard in a Frying-pan, and put in your Sweetbreads one by one, draining them well from the Batter; when they are fried brown, take them up and drain them; then fry ſome Parſley; lay a Napkin in a Diſh, place your Sweetbreads upon it, and the fried Parſley in the Middle; ſo ſerve them for Plates, or little Diſhes.

## Sweetbreads *of* Veal á la Dauphine.

TAKE the largeſt Sweetbreads you can get, order them as for a Ragoo, open them and ſlit them round, then fill them with Stuffing made of Chickens: Put Slices of Veal and Bacon in a Stew-pan, ſeaſon them with Salt, Pepper, Sweet Herbs, fine Spices, whole Chibbols and an Onion cut in Slices. Then put in the Sweetbreads, ſeaſon and cover them with Slices of Veal and Bacon; cover the Stew-pan, ſtew them with Fire under and over: The Sweetbreads being done, take them out, take out the Slices of Bacon, put in a Ladle full of good Broth, let it ſtew, ſtrain the Broth through a Silk Strainer, take off the Fat, then put the Broth in a clean Stew-pan 'till it turns to a Jelly, put in the Sweetbreads to glaze; being glazed, put an Eſſence in your Diſh, with your Sweetbreads laid upon it.

## Fricando's *of* Veal.

HAving a Leg of Veal, cut off ſome Slices, beat them well with the Handle of a Knife, lard them, lay them on a Table, the larded Side downwards, cover them the Thickneſs of a Crown Piece, with a Farce made of Veal, Beef Marrow, a little Bacon, and ſome Eggs, ſeaſoned with Salt, Pepper, and ſavoury Herbs. Having thus farced them, dip your Hand in beaten Eggs, and ſmooth the Edges of them: Lay them in a Stew-pan with a little Bacon under them, cover the Pan, and ſet it over the Stove; put likewiſe, a little Fire upon it. You muſt keep them thus, 'till they are brown on both Sides, then take them up, let the Fat drain from them, and then put them

again into a Stew-pan, with ſome Beef Gravy; let them ſimmer a while in it; take off all the Fat, put in a Drop of Verjuice; then lay them in a Diſh; pour on them a Ragoo of Muſhrooms, Truffles and Sweetbreads, and ſerve them warm.

When Fricando's are uſed for garniſhing, they are dreſſed the ſame Way, but not larded.

## *P O R K* and *P I G.*

### *To do a* Leg *of* Pork *Ham Faſhion.*

YOUR Pork muſt be cut like a Ham; then take a Quart of ordinary Salt, and a Quart of Bay Salt, and heat it very hot, then mix it with a Pound of coarſe Sugar, and an Ounce of Salt Petre beaten fine, and rub the Ham very well with it, and cover it all over with what is left, for it muſt go all on, ſo let it lie three Days; then turn it every Day for a Fortnight; then take it out, and ſmoke it as you do Bacon or Tongues: The Salt muſt be put on as hot as you can.

### *To ſalt* Hams *to taſte like* Weſtphalia *ones.*

GET Salt Petre, ſalt your Ham with it very well, let it lie therein for a Week; take clean Aſhes of Aſh-Wood, boil them in fair Water, to a ſtrong Lee, let it ſtand and ſettle; then take off the clean Water, and boil it again, making it a ſtrong Broth with ordinary Salt; when it is cold, put in the Ham, let it lie a Month in Brine; then dry it well, without ſmoaking, and they will have the right Taſte of *Weſtphalia* Hams.

*To*

## *To ſalt* Hams.

YOU muſt take the Ham when it is hot, being juſt killed, with two Ounces of Bay Salt, and two Ounces of Salt Petre; then cover it, and let it ſtand nine Days; then ſalt it with theſe two Salts, and hang it up in a Chimney of Wood Smoak for three Days; then hang it in the Kitchen, where it may have a little Warmth of the Fire.

## *To pickle ſix* Hams *of* Pork.

HAving one Peck of Bay Salt, half a Pound of Salt Petre, and five Pounds of brown Sugar, put to it as much hot Water as will heat the Hams Blood warm, and mix it well together; if your Hams are large, they muſt lie three Weeks in Pickle, or more, but if ſmall, two will do: Keep them under the Pickle, and ſtir your Pickle twice a Week well to them. If you love the right *Weſtphalia* Taſte, let them hang in the Smoak three Weeks or a Month.

The ſame Time will do for a Tongue in the Pickle and Smoke; and is the right Way for a Piece of Beef of the ſame Subſtance.

## *To pickle* Pork.

HAving taken out the Bones, cut them into Pieces, of a Size to lie handſomely in the Tub or Pan you intend to pickle it in; then rub every Piece well with Salt Petre; then take common Salt and Bay Salt, of the laſt, half the Quantity of the other, and rub the Pieces well again with theſe; put Salt at the Bottom of the Veſſel, and

lay in the Pieces one upon another as close as you can, cover every Piece with Salt, and fill the hollow Places on the Sides with Salt likewise; and as the Salt melts on the Top, ſtrew on more; thus ordered, it will keep a great while.

### *To make* Royal Sauſages.

WE take ſome Fleſh of Partridges, Quails, Snipes and Pigeons, ſome of a Chicken, with a little Veal, and fat of Ham; all muſt be raw, and mix theſe with Cives, Parſley, Muſhrooms and Truffles, five Eggs, the Whites of but two, and two Spoonfuls of Cream; ſeaſon all this with Pepper, Salt, Mace, Nutmeg, and Cinamon, and a little Onion, and roll it up in large Rolls; and cut Slices of Veal, and roll round each Sauſage, being about ſix Inches in Length, and three in Thickneſs, and ſtew them in your Pan upon Slices of Bacon, and cover them with thin Slices of Beef over a clear Fire, not too fierce, and cover your Pan very cloſe; they will take up ſome Time in doing; and when done, ſet them by to be cold, and take them from the Fat, and the Veal, and cut them in what Size you will, and ſerve them. Garniſh with Lemon Peel.

### *To make common* Sauſages.

TAKE a Pound of the Fleſh of a Leg of Pork and ſhred it fine; then take a Pound of Hog's Fat, and cut it ſmall with a Knife; and to every Pound of Fat, take half an Ounce of White Pepper, one large grated Nutmeg, a Penny worth of beaten Cloves and Mace, a Spoonful of ſhred Sage, and two or three Tops of Roſemary cut very fine,

fine, and ſalt it to your Palate; then mix all theſe well together, with a little cold Water, and ſo fill your Guts prepared for the Purpoſe.

### *To make* Sauſages *another Way.*

TAKE Pork, more Lean than Fat, and ſhred it; then take off the Fleak of Pork, and mince it; ſeaſon each Part with minced Sage, and pretty high with Pepper, Salt, Mace and Nutmeg; then clear your ſmall Guts, and fill them, mixing ſome Bits of fat Bacon between the minced Meat; ſprinkle a little Wine with it, and it will fill the better, then lay them in Links.

### *Bologna* Sauſages.

GET four Pounds of lean Buttock of Beef, cut it in thin Pieces; put into it one Pound of diced Sewet, one Pound of diced Bacon; ſeaſon with All-ſpice and Pepper juſt bruiſed, and with Bay Salt, and Salt Petre mixed up with your Seaſoning; then tie them up in Skins as big as your Wriſt. You muſt mix in a little Powder of Bay Leaves, then dry them as you do Tongues, and eat them without boiling.

### Black Puddings.

PUT in a Stew-pan ſome Hog's Blood, a little Milk, and a Ladle full of fat Broth; then cut a ſufficient Quantity of thin Slices of Hog's Fat, with ſome Parſley, Cives, and Sweet Herbs cut ſmall; put the whole into your Stew-pan, ſeaſon it with Salt, Pepper, Spice, and Onions done in hot Aſhes, and cut ſmall, mix this with your Blood, then make your Puddings as big as you pleaſe:

Your

Your Guts being well cleanſed, ſcraped and ſcalded, blanch them in hot Water, and prick them with a Pin, and if you ſee the Fat come out, they are blanched enough, then take them out of the Water, broil them, and ſerve them up hot.

### *Another Way to make* Black Puddings.

WHEN you catch the Blood from the Hog, ſprinkle a Handful of Salt into it, to prevent the Blood from cloding: To two Quarts of Blood, put a Quarter of a Peck of Oatmeal once cut, then boil a Quart of Milk and put in the Crumb of a fine Penny Loaf: And after it is cold, put it to the Blood and ſtir it all together, then put in half an Ounce of *Jamaica* Spice, and a whole Nutmeg beat together, ſtir in a large Handful of Pennyroyal, and Sweet Marjoram cut ſmall. When you fill your Gut, have by you Hog's Lard, cut in Dice, and mix it with the other Ingredients as you fill the Gut: After you have made as many Links as you deſign, tie them in Bunches, then put them into a Kettle of boiling Water, and let them boil half an Hour; obſerve that you prick the Links with a Pin, and take Care you breathe not in the Kettle, for if you do they will burſt. After which, hang 'em in a Chimney and they will keep good a Fortnight.

### Hog's Chitterlings, *or* Andouilles.

HAving the large Gut of a Hog, cleanſe it well, and put it to ſoak a Day or two in Water, and then blanch it in hot Water, with a little Salt, Slices of Onions and ſome Slices of Lemon; then put it in freſh Water, take it out again a little while, cut it on a Table, into Pieces, according

according to the Length you would have your Puddings, then dip them in White Wine for a little while, to take off the ill Scent; cut ſome Fat off the Hog's Belly into Slices, the Length you will make your Puddings, and ſome Lean into the ſame Slices, and ſeaſon them well; then put them on a limber Skewer, and ſlide them through your Gut, and when your Skewer is quite in it, tie up both Ends with Packthread: Your *Andouilles*, or Puddings being thus formed, put them in a Kettle with Water, Onion ſhred, Cloves and two Bay Leaves; let them boil ſlowly, ſkim them well, and put in a Quart of Milk; let theſe Puddings grow cold in the ſame Liquor they are boiled in, then take them out, and take Care not to break them; they may be broiled on Paper, and ſerved up immediately.

## Calf's Chitterlings, *or* Andouilles.

HAving ſome of the biggeſt Calves Guts, cleanſe them, cut them in Pieces proportionable to the Length of the Puddings you deſign to make, and tie one End of theſe Pieces, then take ſome Bacon, with a Calf's Udder, and Chaldron blanched, and cut in Dice or Slices; then put them in a Stew-pan, and ſeaſon them with fine Spice pounded, a Bay Leaf, ſome Salt, Pepper, Shalot, cut ſmall, and about half a Pint of Cream; toſs it up, then take off the Pan, and thicken your Mixture with four or five Yolks of Eggs, and ſome Crumbs of Bread; then fill up your Chitterlings with the Stuffing, keep it warm, then tie the other Ends with Packthread, blanch and boil them like Hog's Chitterlings, let them grow cold in their own Liquor. Before you ſerve them up, boil them over a moderate Fire, and ſerve them up pretty hot. This Sort of *Andouilles* or Puddings

Puddings may be made in Summer, when Hogs are ſeldom killed.

### Calf's Chitterlings *another Way.*

CUT a Calf's Nut in Slices of its Length, and the Thickneſs of a Finger, together with ſome Ham, Bacon, and the White of Chickens cut after the ſame Manner; put the whole into a Stew-pan, ſeaſon it with Salt, Pepper, Sweet Herbs and Spice, take Guts cleanſed, cut and divide them in Parcels, fill them with your Slices; then lay in the Bottom of a Kettle ſome Slices of Bacon and Veal, place them over your little Chitterlings, ſeaſon them with Sweet Baſil, Bay Leaves, Salt, Pepper, Slices of Onion, and Cloves of Garlick, and make another Laying with Slices of Bacon and Veal over them, pour in it a Pint of White Wine, and let it ſtew with Fire under and over; being done, broil your Puddings on a Sheet of Paper, and ſerve them up hot.

### Pork *ſtuffed and roaſted.*

MAKE a Stuffing in your Leg of Pork with Sage, Onion, Parſley, Pepper and Salt, Crumbs of Bread, a little Fat, and two Eggs; then ſtuff your Pork with it, after which lay a Caul all over it, and roaſt it, when half roaſted take it off and ſcotch it with a Knife and criſp it.

### Pork *Cutlets.*

YOU muſt take a Loin or Neck of Pork, cut off the Skin and cut it into Cutlets, ſeaſon them with Sage, Parſley and Thyme cut ſmall, Pepper and Salt, and Crumbs of

of Bread; mince altogether and broil them, ſauce them with Muſtard, Butter, Shalot, Vinegar, and Gravy; ſo ſerve them away hot.

### *A* Hog's Head *Cheeſe Faſhion.*

BONE it and lay it to cleanſe twenty four Hours in Water and Salt, and ſcrape it well and white, lay Salt on the Inſide, to the Thickneſs of a Crown Piece and boil it very tender, then lay it in a Cheeſe Preſs, cover it with a Cloth, and when cold it will be like a Cheeſe: You may ſauce it.

### Chine *or* Leg *of* Pork *roaſted and ſtuffed.*

YOU muſt take a Leg or Chine and make a Stuffing with Sage, Parſley, Thyme, and the Fat Leaf of the Pork, Eggs and Crumbs of Bread; ſeaſon with Pepper, Salt, Nutmeg and Shalot, and ſtuff it thick, then roaſt it gently, and when a Quarter is roaſted, cut the Skin in Slips; make your Sauce with Lemon Peel, Apples, Sugar, Butter and Muſtard.

### *A* Pig *roaſted.*

PUT in the Belly, a Piece of Bread, ſome Sage and Parſley chopped ſmall, and ſome Salt; ſew up the Belly and ſpit it and roaſt it, when warm throrough rub it all over with a Feather dip'd in Oil to prevent its bliſtering, then ſplit it and cut off the Ears and the Under-Jaws, and lay round, and make a Sauce with the Brains, thick Butter, Gravy and Vinegar, and lay under: Make Currant Sauce in a Cup.

## *A* Pig *three Ways.*

FIRST ſkin your Pig up to the Ears, and then cut it in Quarters and draw it with Thyme and Lemon as you do Lamb, or roaſt it plain as Lamb; ſend it to Table with Mint Sauce, and garniſh with Water-Creſſes; then take the Skin and make a good thick Plumb-pudding Batter with good Sewet, Fruit and Eggs; fill up the Skin to the Ears, which ſew up, and put it in your Oven and bake it, and it will appear as a roaſt Pig. Another Way is, when you go to kill your Pig, whip him about the Yard 'till he lies down; then ſtick him, ſcald him and roaſt him, and he will eat well; or you may bone him and ſtuff him with good Savoury Force-Meat, or roaſt him plain with Sage, Salt and Bread in his Belly, and ſerve with Currant Sauce, and ſavoury Sauce under.

## *A* Pig *Lamb Faſhion.*

SKIN it and leave the Skin whole with the Head on, then chine it down as Mutton, and lard it with Lemon Peel and Thyme, and roaſt them in Quarters as Lamb; the other Part fill full with a good Country thick Plumb-Pudding; ſew up the Belly and bake it; the Pig will look as if roaſted.

## *A* Pig Rolliard.

YOU muſt bone it, leaving the Head whole, and waſh it over with Eggs; ſeaſon it with Pepper, Salt and Nutmeg, and lay over ſome Force-Meat, then roll it up, and either roaſt it or bake it, or ſtove it: You may cut it in ſix Pieces and ſend the Head in the Middle; make

Sauce

Sauce with the Brains and Sage, Butter, Gravy, and Vinegar; ſo ſerve away hot.

### *A* Pig *in Jelly.*

CUT it in Quarters and lay it in your Stew-pan: To one Calf's Foot and the Pig's Feet, put in a Pint of Rheniſh Wine, the Juice of four Lemons, and one Quart of Water; ſeaſon with Nutmeg and Salt; ſtove it gently two Hours, let it ſtand 'till cold, and ſend it up in its Jelly.

### *To dreſs a* Pig *the* French *Way.*

SPIT your Pig, lay it down to the Fire, and let it roaſt 'till it is thoroughly warm, then cut it off the Spit, and divide it into about twenty Pieces, ſet them to ſtew in White Wine and ſtrong Broth, ſeaſoned with grated Nutmeg, Pepper, two Onions cut ſmall, ſome ſtripped Thyme, Gravy, Butter, Elder Vinegar, and two or three Anchovies; when it is enough, diſh it in the Liquor it was ſtewed in, with ſliced Orange and Lemon upon it.

### *To dreſs a* Pig au Pere-douillet.

HAving cut off the Head, cut the Pig in Quarters; lard them with large Lardoons well ſeaſoned: Lay a Napkin in the Bottom of a Kettle, and put ſome Bards of Bacon upon it; upon them place the Fore Quarters of the Pig, and the Head in the Middle of them; ſeaſon it with Cloves, Nutmeg, Mace and Cinamon, with Baſil, Bay Leaf, Salt, Pepper, two Rocamboles, a ſliced Onion and Lemon, Carrots, Parſnips, Parſley and Cives, then cover it with Bards of Bacon; and having laid them in a Stew-pan,

cover it, and ſet it over a Stove; when it begins to ſtick, as when you make Veal Gravy, moiſten it with good Broth, but take Care to keep it from browning; pour it into the Kettle, with a Bottle of White Wine, and ſtew your Pig in it: When it is enough, take it off the Fire, and if you would ſerve it cold, in Plates or little Diſhes, let it ſtand 'till it is cold in its own Liquor, then take it out and drain it well, wipe it with a Linnen-Cloth to make it as white as you can, and ſerve it on a Napkin laid in a Diſh, the Head in the Middle, the four Quarters round it, and garniſhed with Parſley. You may likewiſe ſerve it hot for a Diſh of the firſt Courſe, as follows: When your Pig is almoſt ready, take ſome Veal Sweetbreads, Muſhrooms, and Truffles, toſs them up in a Sauce-pan, with a little melted Bacon, moiſten them with good Gravy, and when they have ſimmered, 'till they are ready, take off the Fat, and thicken them with a Cullis of Veal and Ham; having thus prepared your Ragoo, and the Pig being ready, take it up, drain it well, lay the Head in the Middle of the Diſh, the four Quarters round it, ſo pour the Ragoo upon it, and ſerve it hot.

### *To dreſs a* Pig *the* German *Way.*

GET a Pig, cut it in Quarters and toſs them up in melted Bacon, then boil them in good Broth, ſeaſoned with an Onion ſtuck with Cloves, a Faggot of Herbs, Salt, Pepper, and Nutmeg; when it is almoſt boiled, put in half a Pint of White Wine: Then toſs up in the ſame melted Bacon in which you toſs'd up your Pig, ſome Oyſters, and a little Flour, a Slice or two of Lemon, ſome Capers and ſton'd Olives; when you are ready to ſerve away, ſqueeze

ſqueeze in the Juice of a Lemon, and garniſh the Brims of your Diſh with the Brains of your Pig fried, and ſome fried Parſley.

## *A* Pig Matelote.

SCALD and gut your Pig, and cut off the Head and the Petty-Toes, then cut your Pig in four Quarters, put them with the Head and Toes in cold Water: Cover the Bottom of a Stew-pan, with Slices of Bacon, and place over them the ſaid Quarters with the Petty-Toes, and the Head cut in two. Seaſon the whole with Salt, Pepper, Sweet Baſil, Thyme, Bay Leaves, Onions cut in Slices, and Garlick, with a Bottle of White Wine; lay over more Slices of Bacon, put over it a little Water, let it boil. Then take two large Eels, ſkin, gut, and waſh them; cut them into Pieces of five or ſix Inches long, and when your Pig is half boiled, put in it your Eels; then boil a Dozen of large Crawfiſh, cut off the Claws and take off the Shells of the Tails. When your Pig and Eels, are enough, lay firſt your Pig with the Petty-Toes, and the Head into the Diſh, you deſign to ſerve them up in, then place over them your Eels and your Crawfiſh with ſome Ham Gravy and ſome Cullis of Crawfiſh if you have any, and then ſerve it up for a firſt Courſe or Remove.

## *To ſouce a* Pig.

CUT off the Head of a fair large Pig, then ſlit him through the Midſt, then take out his Bones, then lay him in warm Water one Night, then collar him up like Brawn, then boil him tender in fair Water, and when he is boiled, put him in an Earthen Pot or Pan, in Water and Salt,

Salt, for that will make him white, and ſeaſon the Fleſh, for you muſt not put Salt in the boiling, for that will make it black, then take a Quart of the ſame Broth, and a Quart of White Wine, boil them together to make ſome Souce for it, put into it two or three Bay Leaves, when it is cold uncloath the Pig, and put it into the ſame Souce, and it will continue a Quarter of a Year. It is a neceſſary Diſh in any Gentleman's Houſe; when you ſerve it in, ſerve it with green Fennel, as you do Sturgeon with Vinegar in Saucers.

### *To make a fat* Lamb *of a* Pig.

SCALD a fat Pig, and cut off his Head, ſlit him and truſs him up like a Lamb, then being ſlit through the Middle, and ſkinned, parboil him a little, then draw him with Parſley, as you do a Lamb, then roaſt it and drudge and ſerve it up with Butter, Pepper, and Sugar.

## *VENISON.*

### *To roaſt a* Haunch *of* Veniſon.

MAKE up a ſubſtantial Fire before you lay it down, then baſte it and flour it, and with very fine Skewers faſten a Piece of Veal Caul over the Fat Part; if that cannot be had, the White of an Egg, or Paper well buttered will ſerve. A Haunch of twelve Pounds Weight will take up three full Hours to be well ſoaked. Your Sauce muſt be Gravy, with a great deal of Claret in it; the faſhionable ſweet Sauce is Jelly of Currants made hot: What was formerly uſed was, Pap-ſauce made of White Bread boiled in Claret, with a large Stick of Cinamon, and when boiled

'till

'till ſmooth, take out the Cinamon and add Sugar. It is difficult to give general Rules about roaſting and boiling, becauſe Cooks are apt to neglect a Fire, and not mind the Diſtance, that it may neither ſcorch nor pawl; but as to Time, allowing a Quarter of an Hour to every Pound of Meat, at a ſteady Fire, your Expectations will hardly ever fail, from a Fowl to a Sirloin of the largeſt Ox: And the ſame Method may be allowed in boiling.

## *A* Civet *of* Veniſon.

HAving boiled your Veniſon, a Breaſt or Neck, cut it in Cutlets; when it is almoſt boiled, take a Sauce-pan, and brown in it half a Pound of Butter, and as it browns add a Quarter of a Pound of Flour, little and little, 'till the Brown be of a good Colour; be ſure not to burn it: Then add half a Pound of Sugar, and as much Claret as will make it of the Thickneſs of a Ragoo. When you are going to ſerve it up, put in the Veniſon, and toſs it three or four Times, and ſo ſerve it with the Juice of Lemon.

## *To keep* Veniſon *all the Year.*

GET a Haunch and parboil it a while, then ſeaſon it with two Nutmegs, a Spoonful of Pepper, and a good Quantity of Salt, mingle them all together, then put two Spoonfuls of White Wine Vinegar, and having made the Veniſon full of Holes, as you do when you lard it, when it is larded, put in at the Holes, the Spice and Vinegar, and ſeaſon it therewith, then put Part into the Pot with the Fat Side downwards, cover it with two Pounds of Butter, then cloſe it up cloſe with coarſe Paſte;

Paſte; when you take it out of the Oven take away the Paſte, and lay a round Trencher with a Weight on the Top of it to keep it down, 'till it be cold, then take off the Trencher, and lay the Butter flat upon the Veniſon, then cover it cloſe with ſtrong White Paper; if your Pot be narrow at the Bottom it is better, for it muſt be turned upon a Plate, and ſtuck with Bay Leaves when you pleaſe to eat it.

### *Another Way to dreſs* Veniſon.

IT muſt be blanched on a Gridiron, then larded and marinated according to the Seaſon. Spit it with Slices of Bacon and Paper round; beſprinkle it with your Marinade. When roaſted enough, it muſt be ſerved up hot, either with a Pepper Sauce, or Sweet Sauce.

### *To make artificial* Veniſon *for a* Paſty.

GET a Sirloin of of Beef, or a Loin of Mutton, bone it, beat it with a Rolling-Pin, and ſeaſon it with Pepper and Salt, then lay it twenty four Hours in Sheep's Blood, then dry it with a Cloth and ſeaſon it a little more, and it is fit to fill your Paſty.

### *Boiled* Veniſon.

HAving a Haunch of Veniſon, ſalt it well, and let it remain a Week, then boil it, and ſerve it with a Furniture of Cauliflowers, *Ruſſia* Cabbages, ſome of the *Hertfordſhire* Turnips cut in Dice, and boiled in a Net, and toſſed up with Butter and Cream, or elſe have ſome of the yellow *French* Turnips, cut in Dice, and boiled like the former; or we might add ſome red Beet-Roots boiled in Dice,

Dice, and buttered in the ſame Manner. Place theſe regularly, and they will afford a pleaſant Variety both to the Eye and the Taſte.

### Veniſon *in Ragoo.*

LARD your Veniſon with thick Bacon and ſeaſon with Salt and Pepper, ſtew it in Broth or hot Water; put in it two Glaſſes of White Wine, and ſeaſon the whole with Salt, a Bunch of Sweet Herbs, three or four Bay Leaves, and a Slice of green Lemon: Being done enough, thicken your Sauce with good Cullis. Serve it up with Capers and Lemon Juice over it.

### Veniſon *in Blood.*

YOUR Shoulder, Neck or Breaſt, muſt be boned, and laid in Blood, ſeaſoned with Winter Savoury, Sweet Marjoram and Thyme, having a little Sewet in it chopp'd ſmall, and ſtirr'd on the Fire to be thick; then roll up your Neck or Breaſt with ſome of the ſet Blood and Sweet Herbs, and roaſt or ſtove it gently in good Broth and Gravy, with Shalots and Claret, ſo ſerve away hot.

### Veniſon *in Avet.*

CUT your Veniſon into Pieces the Bigneſs of a Shoulder of a Hare, lard them with thick Bacon, ſeaſoned with Salt and Pepper; then put them in a Pot with Broth, White Wine, a Bunch of Sweet Herbs, Salt, Pepper, Nutmeg, Bay Leaves, and green Lemon Slices; the whole being well ſtewed, thicken your Sauce with Cullis, and put in a Daſh of Vinegar, and ſerve it up for firſt Courſe. All Sorts of Veniſon muſt be dreſſed with a Sauce high ſeaſoned.

# CHAP. XVIII.

## *Of* CULLISES *and* SAUCES *for* BUTCHER'S MEAT.

### *The moſt uſual* Cullis.

THIS Cullis is made ſeveral Ways, which are here explained; but this firſt is reputed the beſt, and the moſt in Vogue among all thoſe that have Skill in COOKERY. They take Meat according to the Quantity of Cullis they have a Mind to make: As for Example, if you treat about ten or twelve Perſons, you can take no leſs than a Leg of Veal to make your Cullis with, and the Nut of a Ham to make it good: Cut your Leg of Veal in Pieces the Bigneſs of your Fiſt, place them in your Stew-pan; then put in your Slices of Ham, a couple of Carrots and Onions cut in two, and put over your Cullis covered; let it ſtew ſoftly at firſt, and as it begins to be brown, take off the Cover, and turn it, to colour it on all Sides the ſame; but take Care not to burn the Meat: When it has a pretty brown Colour, moiſten your Cullis with Broth made of Beef or other Meat; ſeaſon your Cullis with a little Sweet Baſil, ſome Cloves, with ſome Garlick; pare a Lemon, cut it into Slices, and put it into your Cullis with ſome Muſhrooms. Put into a Stew-pan a good Lump of Butter, and ſet it over a ſlow Fire; put in it two or three Handfuls of Flour, ſtir it with a Wooden Ladle, and let it take a Colour: If your Cullis be pretty brown, you muſt put in ſome Flour: Your Flour being brown with your Cullis, then

pour

pour it very ſoftly into your Cullis, keeping your Cullis ſtirring with a Wooden Ladle; then let your Cullis ſtew ſoftly, and ſkim off the Fat, put in a couple of Glaſſes of *Champaign*, or other White Wines; but take Care to keep your Cullis very thin, ſo that you may take the Fat well off and clarify it: To clarify it, you muſt put it upon a Stove that draws well, and cover it cloſe, and let it boil without uncovering, 'till it boils over, then uncover it, and take off the Fat that is round the Stew-pan; then wipe it off the Cover alſo, and cover it again, and by that Means you will have the fineſt Cullis in the World, provided you follow theſe Rules cloſe. If by Chance your Cullis is too pale, and that you would give it a good Colour, you need but put a Bit of Sugar in a Silver Diſh or a Stew-pan, with a Drop of Water, and ſet it over a Stove, and let it turn to a Caramel, moiſtening the ſame with a little Broth, and then put it into your Cullis, and with a Spoon take off the Fat, 'till you ſee your Cullis be of a good Colour, and if it is of a good Colour, Caramel needs not be put in it. When your Cullis is done, take out the Meat and ſtrain off your Cullis in a Sieve, or a Silk Strainer, which is much better. This Cullis is proper for all Sorts of Ragoos, and to be over Fowls put in Pies and Terrines.

## Cullis *another Way.*

HAving ſome Veal cut it in Pieces, place them in your Stew-pan with Slices of Ham, a couple of Carrots cut in two, and a couple of Onions; cover your Stew-pan over a gentle Fire; when the Meat begins to ſtick to the Bottom of your Pan, uncover it, and cover it all over, but let it not be burnt; if it is done as it ſhould be, moiſten it

with Broth, and ſeaſon it with Sweet Herbs, Slices of Lemon, ſome Cloves of Garlick, and Cloves; take as much Flour as you think fit, according to the Quantity of Cullis you are to make, and mix it thin with cold Broth, or Water, then ſtrain off your Flour into your Cullis and put, by degrees, more to it, let it ſtew ſoftly and be well done; if the Colour is not deep enough, put Gravy in it; then the Fat being well taken off, and it having a good Taſte, take out the Meat, ſtrain off your Cullis, and you may make Uſe of it on all Occaſions.

## Cullis *another Way.*

YOUR Veal being cut in Pieces, put them into your Stew-pan with ſome Slices of Ham, a couple of Carrots cut in two, a couple of Onions cut in Slices; cover your Stew-pan, and let it ſtew ſoftly, your Meat being of a good Colour, take it out, put a good Lump of Butter into your Stew-pan, put it over the Fire, take a Wooden Ladle, and ſcrape the Brown off well that ſticks to your Stew-pan; put in it as much Flour as you think fit, according to the Quantity of Cullis you will make, let it ſtew 'till it be of a good Colour, then moiſten it with Broth, and put the Meat in again, and ſeaſon it with a few Sweet Herbs, Cloves of Garlick, Lemon Slices, with ſome Glaſſes of *Champaign*, or other White Wine, let it ſtew well, and take the Fat well off, and being well done, and of a good Reliſh, ſtrain it off in a Sieve, or elſe in a Silk Strainer, and you may uſe it with all Sorts of Entries.

Cullis.

## Cullis *of* Ham

IS made divers Ways; we begin with that which, according to the Judgment of the beſt Cooks, is beſt, which is ordered as followeth, *viz.* Take a Stew-pan, put in it three Pounds of Veal cut like Dice, take a Ham, take off the Sward and the Fat, and cut it into Slices well ſhaped, and put them in a Stew-pan, with your Veal, and a couple of Carrots cut in two, and a couple of Onions: Cover your Stew-pan, and do it very gently over a ſlow Fire at firſt, and when you ſee your Meat begin to ſtick to your Pan, uncover it, and turn your Slices of Ham, that they may take a Colour, then take out your Slices of Ham and the Veal; put in your Stew-pan a Lump of Butter, and a little Flour, and ſtir it well with a Wooden Ladle, moiſten it with good Broth, not ſalt, and put in again your Meat and your Ham, and ſeaſon it with Lemon Slices, ſome Cloves of Garlick, and ſome Glaſſes of *Champaign*, or other White Wines; go on a thickening your Cullis with the moſt uſual Cullis: Skim off the Fat; when done, take out all your Meat with the Ham; ſtrain off your Eſſence in a Silk Strainer, and uſe the ſame with all Sorts of Meat, and hot Paſtry made with Meat, or Fiſh dreſſed with Gravy; put again your Slices of Ham into your Eſſence, to make Uſe of them on ſeveral Occaſions, *viz.* being cut into Dice when for a Piece of Beef, or Artichoke Bottoms, and when cut in Slices for Chickens, for young Fowls, or what you think fit.

Cullis

## Cullis *the* Italian *Way*.

PUT in a Stew-pan half a Ladle full of Cullis, as much Eſſence of Ham, half a Ladle full of Gravy, and as much of Broth, three or four Onions cut in Slices, four or five Cloves of Carlick, a little beaten Coriander Seed, with a Lemon pared and cut in Slices, a little Sweet Baſil, Muſhrooms, and good Oil; put all over the Fire; let it ſtew a good Quarter of an Hour, take the Fat well off, let it be of a good Taſte, and you may uſe it with all Sorts of Meat and Fiſh, particularly with glazed Fiſh, with Chickens, Fowls, Pigeons, Quails, Ducklings, and in ſhort, with all Sorts of tame and wild Fowl.

## Cullis *of* Crawfiſh.

HAving the middling Sort of Crawfiſh, put them over the Fire, ſeaſoned with Salt, Pepper, Sweet Herbs, and Onions cut in Slices; being done, take them out, pick them, and keep the Tails after they are ſcaled; pound the reſt together with the Shells in a Mortar; the more they are pounded the finer your Cullis will be: Take a Bit of Veal the Bigneſs of a Fiſt, with a ſmall Bit of Ham, an Onion cut in four, put it to ſweat very gently, if it ſticks but a very little to the Pan, powder it a little, moiſten it with Broth, put in it ſome Cloves, Sweet Baſil in Branches, ſome Muſhrooms, with a Lemon pared and cut in Slices; being done, ſkim the Fat well, let it be of a good Taſte, then take out your Meat with a Skimmer, and go on a thickening it a little, with Eſſence of Ham, then put in your Crawfiſh, and ſtrain it off; being ſtrained, keep it to make uſe of it with all Sorts of firſt Courſe, with Crawfiſh.

Cullis

## Cullis *of* Crawfiſh *another Way.*

BOIL your Crawfiſh for Soops; being boiled, pick them, pound your Shells to make your Cullis; take a Piece of Veal cut into Slices, put them in a Stew-pan with ſome Slices of Ham, two or three Onions with ſome Bits of Carrots, and put it over the Fire; let it be a doing gently, being a little ſticking, moiſten it with good Broth; put in it ſome Crumbs of Bread uſed for Soops, your Crawfiſh being pounded, take your Meat and Roots out of your Cullis; take off the Fat, and let be of a good Taſte, put in your pounded Crawfiſh, ſtrain it off, and put this into a ſmall Kettle, pick the Crawfiſh Tails, and put them in your Cullis, keeping it hot: This Cullis may ſerve for all Sorts of Soops with Cullis of Crawfiſh Tails, with thoſe of Rice, and with ſoaked Cruſts, *&c.*

## White Cullis à la Reine.

WE take a Piece of Veal and cut it in ſmall Bits, with ſome thin Slices of Ham, and two Onions cut in four Pieces, moiſten it with Broth ſeaſoned with Muſhrooms, a Bunch of Parſley, green Onions, three Cloves, and ſo let it ſtew; being ſtewed, take out all your Meat and Roots with a Skimmer, put in a few Crumbs of Bread and let it ſtew ſoftly; take the white of a Fowl, or of a couple of Chickens, and pound it in a Mortar, being well pounded, mix it in your White Cullis, but it muſt not boil, and your Cullis muſt be very white, but if it is not white enough, you muſt pound one or two Dozen of Sweet Almonds pared and put into your Cullis; then boil a Glaſs full of Milk and put it in your Cullis, let it be of a

good Taſte, and ſtrain it off, then put it in a ſmall Kettle, and keep it warm; and you may uſe it for all Sorts of white Soops, and for white Cruſts of Bread and Biſques.

### Green Cullis *with Green Peaſe:*

GET Green Peaſe, let them be heated without Liquor, take a Handful of Parſley, as much Spinage, with a a Handful of green Onion Tops; blanch all theſe in boiling Water, then put them into freſh Water; take them out and ſqueeze them well and pound them, put into a Stew-pan a Piece of Veal cut in Dice, ſome Slices of Ham, alſo an Onion cut ſmall, put it over the Stove to ſtew gently, being a little clammy, moiſten it with your ſoaking Broth, and let it ſtew ſoftly; put in it a Handful of green Parſley, green Onions, Cloves, a Bunch of Savoury; being ſtewed and of a good Taſte, take out your Meat and Greens; then pound your Peaſe, and mix them with your Cullis, and the Tops of green Onions, and ſtrain it off with a Ladle full of Cullis. This Cullis may be uſed with all Sorts of Terrines with Green Peaſe, Ducklings with Green Peaſe Purey, and with all Sorts of Diſhes that are made with a green Sauce; when you ſtew your green Peaſe, or Cucumbers cut in Dice in their Seaſon, put ſome of this Cullis over them.

### Green Cullis *for Soops.*

GET Peaſe, boil them in a ſmall Kettle, with good Broth; take a Piece of Veal, a Bit of Ham, an Onion, cut all together into ſmall Dice, and put them a ſweating very gently over a Fire; being a little clammy, moiſten them with your ſoaking Broth; ſeaſon it, and let it ſtew ſoftly; take Parſley, the Tops of green Onions and Spinage,

of

of each a Handful, and after they are picked, waſhed and blanched in boiling Water, ſqueeze them well, and pound them, then take them out of the Mortar, and pound your Peaſe; your Meat being ſtewed, take it out of the Cullis with a Skimmer, take off the Fat from your Cullis, let it be of a good Taſte, and mix your Peaſe and the Tops of green Onions with it, and ſo ſtrain it off: This Cullis may be uſed with all Sorts of green Soops, and Soop Crufts.

## Sauce *in* Ravigotte.

YOU muſt take Terragon, Pimpernel, Mint, Parſley, green Onions, a little of each, blanch the whole in boiling Water, then put it into cold Water; take it out again and ſqueeze it, and cut it very ſmall, then put it in a Stew-pan with a Rocambole bruiſed, a little Gravy, a little Cullis, and the Juice of a Lemon, Salt, beaten Pepper, an Anchovy cut ſmall, and a little Oil; put all this a Moment over the Fire, and let it be well reliſhed. This kind of Sauce may be uſed with all Sorts of roaſted Meat, putting it in a Saucer.

## Sauce *in* Ravigotte *another Way.*

WE take the ſame Sort of Herbs, preſcribed in the Ravigotte above, waſh them well, cut them ſmall, and pound them, putting into the Mortar a little Gravy, a couple of Rocamboles, a little Pepper, a little Cullis; put all together into a Stew-pan, heat it, and ſtrain it off; being ſtrained off, add to it a Spoonful of Oil, keep it warm and ſerve it up in a Saucer with roaſt Meat; you may alſo uſe it with Chicken.

### *A* Sauce *with Fennel and Gooſeberries.*

HAving young Fennel, cut it very ſmall, put it in a Stew-pan with a little Butter and a Duſt of Flour, ſeaſon it with Pepper, Salt and Nutmeg, moiſten it with a little Gravy or Water; your Sauce being thickened, throw in it your Gooſeberries blanched; let it be of a good Taſte, and uſe it with what you think fit: This Sauce is commonly uſed with Mackarel.

### *Minced* Sauce.

CUT Onions, Muſhrooms and Truffles, if you have any, very ſmall, with Capers and Anchovies; put into a Stew-pan a little Butter with your Onions; put your Sauce-pan over a briſk Fire; give it two or three Toſſes; now put in it your Muſhrooms and Truffles, ſtrowing over them a Duſt of Flour, and moiſten them with good Gravy, then put in it your Capers and Anchovies, with a Glaſs of White Wine; thicken your Sauce with a Spoonful of Cullis. Let it be of a good Taſte, and you may uſe it with all Diſhes with a minced Sauce.

### Hot Sauce *in Ramolade.*

PUT into a Stew-pan ſome Onions cut into Slices, with one or two Spoonfuls of Oil; ſet this a Moment over the Fire, and put into it ſome Gravy and Cullis, a Glaſs of Wine, two or three Cloves of Garlick, half a Lemon cut into Slices, a little Sweet Herbs, Cloves, Capers cut ſmall, and Parſley: Let it be of a good Taſte; put into it a ſmall Spoonful of Muſtard, and ſtrain it off; make uſe of this Sauce with all Diſhes with hot Ramolade.

Sauce

### Sauce *in* Ramolade *another Way.*

CUT ſome green Onions, Capers, Anchovies, and Parſley, ſmall, each by itſelf upon a Plate, with a Clove of Garlick, and a Crumb of Shalot; put all this into a Stew-pan together, with a few Sweet Herbs, two Spoonfuls of Oil, as much of good Muſtard, the Juice of a Lemon, with a little Cullis: Stir all well together, and you may uſe it with all Sorts of Fowls and broiled Meat, and with roaſted Meat in a Saucer.

### *A thick* Sauce *with Pepper.*

WE put into a Stew-pan Slices of Onion, Thyme, Sweet Baſil, a Bay Leaf, two or three Cloves of Garlick, a Ladle full of Gravy, and as much Cullis, ſome Slices of Lemon with a Glaſs of Vinegar; put it over a Stove, let it be of a good Taſte, and take off the Fat; ſtrain it off, and ſerve it up in a Saucer with roaſted Meat; the ſame Sauce may be uſed with all Sorts of Meat, that requires a thick Pepper-ſauce; and may alſo be made without Cullis.

### Caper Sauce.

YOU muſt put in a Stew-pan ſome Cullis of Ham, with Capers, to which you give three or four Chops with a Knife; ſeaſon it with Pepper and Salt: Let it be reliſhing and ſerve it up hot.

### Sauce *with Truffles.*

GET Truffles, pare, waſh them in Water, and cut them ſmall; this done, put them in a Stew-pan with thin Cullis of Veal and Ham; ſeaſon it with Salt and Pep-

per; let it ſtew ſoftly; let it be of a good Taſte, and ſerve it up hot.

The Sauce with Muſhrooms is made after the ſame Manner.

## Onion Sauce.

HAving put into a Stew-pan ſome Veal Gravy, with a couple of Onions, cut in Slices, ſeaſon it with Pepper and Salt, let it ſtew ſoftly, then ſtrain it off; put it in a Saucer, and ſerve it up hot.

## Green Onion Sauce.

YOU muſt put into your Stew-pan Green Onions pared and cut ſmall, with a little of melted Bacon, ſeaſoned with a little Pepper and Salt; moiſten it with Gravy, and let it ſtew a Moment; thicken your Sauce with Cullis of Veal and Ham; let your Sauce be of a ſharp Taſte and good Reliſh, and ſerve it up hot.

## Sauce *with freſh Muſhrooms.*

GET Muſhrooms, pare and mince them with a little green Onion and Parſley; put in a Stew-pan a little melted Bacon, and having given it four or five Toſſes, moiſten it with Gravy; let it ſtew ſoftly over a ſlow Fire, skim the Fat well off, and thicken your Sauce with Cullis of Veal and Ham; let it be reliſhing, and ſerve up hot.

## *Carriers* Sauce.

GET green Onions, pare and cut them very ſmall, put them in a Sauce-boat with Pepper, Salt and Water; ſerve it up cold. This is Sauce for roaſt Mutton.

*The*

### *The ſame with Oil.*

WE take a few green Onions and Parſley, put them in a Saucer with Oil, Pepper and Salt; you may add to it a little Vinegar, and ſerve it up cold.

### Sauce *with Pepper.*

PUT Vinegar in a Stew-pan, with a little Veal Gravy, green Onions whole, an Onion cut in Slices, with a Slice of Lemon, ſeaſoned with Pepper and Salt; after a Boil or two, taſte it, ſtrain it off, pour it into a Saucer, and ſerve it up hot.

### Sauce-Robart.

TAKE Onions, cut them into Dice, put them into a Stew-pan with a little Butter, and keep them ſtirring; being half brown, drain off the Fat, ſtrewing ſome Flour over them; moiſten it with Gravy, and let it ſtew ſoftly over a ſlow Fire; ſeaſon it with Pepper and Salt, then thicken it with Veal and Ham Cullis; putting in a little Muſtard; make it reliſhing, and uſe it upon Occaſion.

### Ham Sauce.

CUT three or four Slices of Ham, beat them flat, put them a ſweating over a Stove; being clammy, ſtrew over them a little Flour, and keep them ſtirring; moiſten them with Gravy, and ſeaſon them with Pepper, and a Bunch of Sweet Herbs; let it ſtew gently, if it is not thick enough, add to it a little Cullis of Veal and Ham; let it be of a high Reliſh; ſtrain it off, and uſe it for all Sorts of white Meat roaſted.

Green

## Green Sauce.

TAKE the Graſs of Wheat or of other Grains, pound it in a Mortar with a Cruſt of Bread; take out the Graſs thus pounded, put it in a Sieve, and ſeaſon it with Pepper and Salt; moiſten it a little with Veal Gravy and Vinegar, then ſtrain it and ſerve it up cold with Lamb or Fowl.

## Sauce *with Mutton Gravy and Shalots.*

YOU muſt pare your Shalots, cut them very ſmall, put them in a Diſh with Pepper and Salt, and Mutton Gravy or Veal Gravy; you may uſe this Sauce for Legs of Mutton, or with Fowls.

## Anchovy Sauce.

WASH well two or three Anchovies, take out the Bones, cut them ſmall, and put them in a Stew-pan, with a thin Cullis of Veal and Ham, ſeaſoned with Pepper and Salt; let it be hot and reliſhing; you may uſe this Sauce with roaſted Meat.

## *To make* Muſtard.

HAving made choice of good Seed, pick and waſh it in cold Water; it muſt alſo be drained and rubbed dry in a clean Cloth; then pound it fine in a Mortar with ſtrong Wine Vinegar; ſtrain it and keep it cloſe covered: Otherwiſe, your Seed may be ground in a Muſtard-quern, or in a Bowl with a Cannon-Bullet.

*A general*

## *A general* Sauce.

MINCE a little Lemon Peel very ſmall, a little Nutmeg, beaten Mace, and Shalot; ſtew them in a little White Wine and Gravy, ſo melt your Butter therein; if it be for Haſhes of Mutton or Fiſh, add Anchovies, a little of the Liquor of ſtewed Oyſters, and Lemon Peel.

## *The beſt Way to beat up* Butter *for* Spinage, Green Peaſe, *or* Sauce *for* Fiſh.

TAKE two or three Spoonfuls of fair Water, and put it into a Pipkin or Sauce-pan, there muſt be no more than what will juſt cover the Bottom of the Veſſel: Let this boil by itſelf, as ſoon as it does ſo, ſlip in half a Pound of Butter; when it is melted, remove your Pipkin from the Fire, and holding it up by the Handle, ſhake it round ſtrongly, for a good while, and the Butter will come to be ſo thick, that you may almoſt cut it with a Knife; Then ſqueeze ſome Lemon or Orange into it, or elſe put in Verjuice or Vinegar, and heat it again, as long as you pleaſe, over the Fire. It will ever after be thick, and never grow oily, tho' it be cold and heated again 20 Times: If you would have Spinage, Peaſe, or Fiſh boiled the ordinary Way, you may take ſome of their Liquor inſtead of Water.

Having put this Butter to boiled Peaſe in a Diſh, cover it with another; then ſhake them very ſtrongly, and a good while together: This is by far the beſt Method that can be uſed to butter Peaſe, without putting in (as is commonly done) Butter, to melt in the Middle of them, for that will turn to Oil, if you heat them again; whereas, this Sort will

will never change. Therefore it is moſt expedient to make uſe of ſuch thickened Butter upon all Occaſions.

### *To burn* Butter *for any* Sauce.

SET the Butter over the Fire in the Sauce-pan, and let it boil 'till it is as brown as you like it; then ſhake in Flour, ſtir it all the while; ſo uſe it for any Sauce that is too thin.

## CHAP. XIX.

### *Of* POULTRY.

### Fowls *and* Rabbits, *&c. when in Seaſon.*

IN *January*, *February*, and *March*, Turkey-Poults, Green-Geeſe, Ducklings, ſmall fat Chickens, ſome Pigeons, tame ſucking Rabbits, Pheaſant and Partridge with Eggs, are in Seaſon. And in *March*, Leverets, Wild Pigeons, Wild Rabbits. In *April*, *May*, *June*, the Chickens come to be large Fowls, ſo that Turkies, Geeſe, Ducks and Fowls are in Seaſon all the Year.

In *July* and *Auguſt*, Wild Ducks that ſhed their Feathers, which are called, Flappers, or Moulters, come very fat; and at the latter End of the Year moſt Sort of Fowls, both Wild and Tame, are good and in Seaſon, as Swans, Buſtards, Wild-Geeſe, Brand-Gees, Wild Ducks, Teal, Widgins, Shufflers, Penteals, Eaſterlings, Heathcocks, Woodcocks,

Woodcocks, Snipes, Plovers, Larks, Quails, Black-Birds, Thruſhes, Felfairs, Pheaſants, Partridges, Bittern, Geeſe, Tame-Ducks, Cock-Turkies, and Hen-Turkies, Capons, Virgin-Pullets, and Hens with Egg, and Chickens, likewiſe Hares and Rabbits.

*Note*, That the Cock-Turky is out of Seaſon after *Chriſtmas*, but the Hen continues in Seaſon 'till *Eaſter*, and is with Egg all the Spring.

## *TURKIES.*

### *A young* Turky *with* Oyſters.

PICK your Turky, draw it and ſinge it neatly, cut the Liver of it into Bits, and put it in a Stew-pan, together with a Dozen of Oyſters and a Bit of Butter, ſeaſoned with Salt, Pepper, Sweet Herbs, All-ſpice, Muſhrooms, Parſley, and Chibbol; let it be a Moment over the Fire; then ſtuff your Turky with theſe Ingredients, and let it be blanched a little as before, then ſpit it, then tie over it Bards of Bacon and Paper; mean while, have a Ragoo ready for your Turky; make it thus: Take three Dozen of Oyſters, and blanch them in boiling Water, drain them, take off your Bards, then put in a Stew-pan ſome Eſſence of Ham, and ſet it a boiling; ſkim off the Fat, taſte it, and put this with your Oyſters into another Pan: When your Turky is roaſted, diſh it up, and put your Ragoo over it, with the Juice of a Lemon; let it be reliſhing, and ſerve it up hot for a firſt Courſe.

### *A young* Turky *with Oyſters, and Crawfiſh Cullis.*

GET a young Turky, and order it as that before; but inſtead of uſing Eſſence of Ham, you may put a Crawfiſh Cullis over it, with the Juice of a Lemon; let it be reliſhing and ſerve it up hot for the firſt Courſe.

### *A young* Turky *with Oyſters after the* Dutch *Faſhion.*

YOU muſt take a young Turky ordered as that above, put it to roaſt; make a Ragoo with Oyſters as followeth: Blanch as many Oyſters as you pleaſe, take out the Beards; then put Butter in a Stew-pan, with about half a Spoonful of fine Flour, and a Drop of Gravy; ſeaſon the whole with Salt, Pepper, Nutmeg, with a little Vinegar; as ſoon as your Sauce is thickened, put in your Oyſters, and let it be reliſhing. When your Turky is roaſted, diſh it up with your Ragoo over it; ſerve it up hot.

### *Young* Turky *roaſted with Shalots.*

ORDER your Turky as thoſe before; the Shalot only makes the Difference: Your Turky being roaſted, make a Sauce thus: Warm ſome Shalots cut ſmall in a Stew-pan with Gravy and Cullis, ſome Juice of Lemon and pounded Pepper, and ſerve up your Turky hot, pouring this Sauce over it.

### *A young* Turky *roaſted with Mango's.*

ORDER your Turky as that before, the Ragoo only makes the Difference. Take ſome Mango's, the ſofteſt you can get, take off the Fleſh by thin and ſmall Slices, take out the Inſide, and blanch them in boiling Water;

Water; then put them in freſh Water, put them in a Stew-pan with ſome Eſſence and Gravy, and let them have a Boil. When your Turky is ready, diſh it up with your Mango's over it, and ſerve it up for a firſt Courſe.

### *Young* Turkies *with Cheſnuts and Sauſages.*

ORDER a Turky-Poult in the ſame Manner above-mentioned; but beſides the Stuffing, put in the Body of this Turky a good many Cheſnuts; after they have been in hot Embers peel them, with ſmall Sauſages; then blanch it with Slices of Bacon and Paper round it; put it on the Spit, and take more of the ſame Cheſnuts, and put them in a Baking-pan, with Fire under and over; then put them in a Stew-pan with ſome Broth, let them ſtew 'till they are done; then take out the Broth, and put in a Ladle full of Eſſence, ſome Cullis and Gravy. Your Turky being roaſted, diſh it up, put your Cheſnuts over it, and ſerve it up hot for the firſt Courſe.

### *Young* Turkies *with Saffron after the* Poliſh *Way.*

GET a young Turky, draw it, truſs it, and ſpit it with Slices of Bacon and Paper round it; then put in a Stew-pan Slices of Onions, and boil them with ſome Broth; being done, ſtrain them off, and if they are too thick, put ſome more Broth to them; and theſe Onions muſt be as thick as an Eſſence of Ham; then put a very little pounded and dryed Saffron in a Cup, mix it with a little pot Broth, and pour it by Degrees into your Cullis 'till it begins to have a fine Colour, but not too deep: Your Turkies being taken off, cut off the Wings and the Legs, and put them in your Cullis: Serve them up for the firſt Courſe.

At another Time, you may take ſome Parſley Roots cut in Slices, boil and mix them with Cullis and the Saffron as before; and inſtead of roaſting your Turky, you may boil it in a Kettle; ſerve it up hot for a firſt Courſe, with the Cullis of Parſley Roots over it.

### *Young* Turkies *ſtuffed with Crawfiſh.*

PICK and draw young Turkies clean, and ſinge them; then put your Fingers between the Skin and the Fleſh, and having taken out the Breaſt, make your Forced-Meat as follows: Take ſome Beef Sewet, blanched Bacon, Calf's Udder blanched, the Fleſh of a Chicken, ſome Muſhrooms, Truffles, Salt, Pepper, Sweet Herbs, All-ſpice, Crumbs of Bread boiled in Cream, and a couple of Eggs. The whole being well minced and palatable, put Part of it in the Belly of your Turkies, with a ſmall Ragoo of Crawfiſh Tails, and a little of their Cullis; tie both Ends of your Turkies to keep in your Stuffing; put the Remainder over it, and blanch it again with Butter, Salt, Pepper, Parſley, and Chibbol, taking particular Care it be done very white; thruſt a Skewer through the Thighs, ſpit it, and wrap it up in Bards of Bacon, and Paper tied with Packthread, and roaſt them with a moderate Fire: When done, unſpit them, take off the Bacon, diſh them handſomely up, putting over them a Ragoo of Crawfiſh; ſo ſerve up for the firſt Courſe.

### *Another Way of dreſſing young* Turkies *with Crawfiſh.*

GET a young Turky, pick it, draw it well, put the Liver upon your Dreſſer, with a little ſcraped Bacon, ſome Parſley, Chibbols, Salt, Pepper, Sweet Herbs, &c.

All-ſpice,

All-ſpice, Muſhrooms, Truffles, and ſome Butter, mince all this well and put it in your Turky: Let it fry a little in a Stew-pan, with Butter, Sprigs of Parſley, Cives, Salt, Pepper, and Sweet Herbs; let your Turky be well blanched, and when you have ſpit it, cover it with Bards of Bacon and Paper, and when roaſted, diſh it up, and put a Ragoo into it, or ſome Cullis of Crawfiſh.

Another Time, inſtead of mincing the Liver of your Turky, cut it in four or ſix Bits, with ſome other Livers, Crawfiſh Tails, ſome ſcraped Bacon, ſhred Parſley, Cives, Salt, Pepper, All-ſpice and Sweet Herbs; the whole being well mixed together, ſtuff therewith your Turky, blanched as before; when done, diſh it up, putting over it a Crawfiſh Cullis, and ſerve it up for the firſt Courſe.

## *Entry of* Turky Wings.

HAving the Wings of Turkies, ſcald them; being well picked and ſcalded, blanch them, when blanched, cut off the ſmall End, and break the Bone with a Knife in the Middle of the Wing: Put them in a Stew-pan, put in it ſome Champignons, a Bit of Butter, a Bunch made of Parſley, green Onions, and a Branch of Sweet Baſil, with three Cloves; the Bunch being tied together, put it, with your Wings, over the Fire, and toſs them up now and then, ſtrew a Duſt of Flour over them, and moiſten them with Broth; being moiſtened, ſeaſon them with a little Salt and Pepper, and let them boil very ſoftly; being boiled, make a thick Sauce with five Yolks of Eggs, and beat them up with Cream or Milk; put in it a little Nutmeg, a couple of Shalots cut very ſmall: Let your Fricaſey be of a good Taſte, and thicken it; being thickened, put in a little

a little Parſley cut ſmall, with a little Lemon Juice: It being diſhed, ſerve it up for Entry, or *Hors d'Oeuvres.*

You may make your Fricaſey with a brown Sauce, in moiſtening it with Gravy; and being done, thicken it with Cullis.

### *Roaſted young* Turkies *with* Spaniſh *Cardoons.*

HAving picked and drawn your Turkies, lay the Liver on the Dreſſer with ſcraped Bacon, ſome Parſley, Chibbol, Muſhrooms, Salt, Pepper, Sweet Herbs, and fine Spice; and being minced, put it in the Bellies of your Turkies, then blanch them with a Bit of Butter, ſome Parſley and Chibbols; when blanched, put them on the Spit, with Slices of Bacon and Paper round it; keep your Cardoons ready, let them be very white, and cut half a Finger's Length, and put them in a Stew-pan, with half a Ladle full of Veal Gravy, and half a Ladle full of Ham Cullis; let them have a Boil, and having taken off the Fat, add to them the Juice of an Orange. Your Turkies being done, and the Bacon and Paper taken away; diſh them up with your Cardoons over them, and ſerve them up hot for the firſt Courſe.

### *Young* Turkies *with Cream.*

HAving a young Turky or two, according to the Bigneſs of your Diſh, and being ordered and roaſted as before, let them be cold; then take a Bit of a Nut of Veal, take off the Skin and cut it into Bits, with ſome Bacon well blanched, ſome Beef Sewet, a Calf's Udder, ſome Muſhrooms, Parſley, Chibbol, Sweet Herbs, fine Spice, Salt, and Pepper; put the whole on the Fire in a Stew-

pan;

pan; and when done, take it out and mince it upon a Dreſſer; then take the White of your Turky, put it in a Mortar, with a Piece of Bread boiled in Milk, together with ſix Yolks of Eggs, and half of the Whites beat up to Snow; pound it all together, then take a Silver Diſh, or Baking-pan, and put in the Bottom of it ſome of this minced Meat, and lay your Turky over it, and fill up your Diſh with the reſt of your Meat; leave a hollow Place in the Middle of your Diſh, put in it a Ragoo of Sweetbreads, Cocks Combs and Muſhrooms, lay alſo ſome minced over the ſame; let your Turky be round and plump; rub your Turky over with beaten Eggs, and having ſtrewed ſome Crumbs of Bread over it, put it in the Oven, or let it be done under the Cover of a Baking-pan, Fire under and over. Your Turky being enough, and of a good Colour, take it out, and clean well the Border of your Diſh; put a little Eſſence or Cullis round your Turky, and ſerve it up hot for a firſt Courſe. If you have no Silver Diſh, let it be done in a Baking-pan, and afterwards ſlide the whole into your Diſh.

*The Manner of truſſing* TURKIES, *and all other* FOWLS, *ſee at the End of this Chapter.*

## *FOWLS* and *PULLETS.*

### Fowls *farced with Crawfiſh.*

YOU muſt take ſome Fowls, pick them very clean, gut and ſinge them, thruſt your Finger between the Skin and the Fleſh; take out the Craw, then make Forced-Meat with the Fleſh of the Breaſt as follows: Take Beef

Sewet,

Sewet, blanched Bacon, a Calf's Udder alſo blanched, Chicken's Fleſh, ſome Champignons, Truffles, or Muſhrooms, (when in the Way) Pepper, Salt, Sweet Herbs, fine Spice, Crumbs of Bread ſoaked in Milk or Cream, and a couple of raw Eggs; all which muſt be cut ſmall, mixed together, and well reliſhed; put Part of this Forced-Meat into your Fowls Belly, and a Ragoo of Crawfiſh Tails and Muſhrooms, with a little Crawfiſh Cullis; then put the Remainder of the Forced-Meat over it, and ſew up both Ends cloſe; do them again in the Stew-pan with Butter, Salt, Pepper, Parſley, and green Onions; and above all let them be very white, then ſtick a Skewer through the Legs of your Fowls, and put them on the Spit wrapping them up in ſome Slices of Bacon, with Paper round them; tie them well and roaſt them at a ſlow Fire; and when they are roaſted take them off the Spit, and diſh them handſomely; then pour over them a Ragoo of Crawfiſh Tails, and ſerve them up hot for an Entry.

Another Time, you may ſerve up your Fowls in pouring a Cullis over them inſtead of Crawfiſh Tails.

### Fowls *with Crawfiſh another Way.*

TAKE ſome fine Pullets, pick them clean, gut and ſinge them; put the Livers upon the Dreſſer, with a little ſcraped Bacon, Parſley, green Onions, Pepper, Salt, Sweet Herbs, fine Spice, with Champignons and Truffles, if you have any, a Bit of Butter; mince all together, and put it into the Belly of your Fowls; then put them into a Stew-pan with a Lump of Butter, Branches of Parſley, green Onions, Pepper, Salt, and Sweet Herbs; let your Fowls be well blanched before you put them to the Spit; wrap

wrap them up in Slices of Bacon, with a Paper round them; when they are done, diſh them, and ſerve them with a Ragoo as above, or elſe in a Cullis of Crawfiſh.

Another time, inſtead of mincing the Livers of your Fowls, cut them in four or ſix Pieces, with ſome other Livers and Crawfiſh Tails, ſcraped Bacon, Parſley cut ſmall, green Onions, Pepper, Salt, Sweet Herbs, and fine Spice; all being well minced together, put it into the Bellies of your Fowls, and let them be blanched the ſame way as thoſe above; after they are done, diſh them, add to them Crawfiſh Cullis, and ſerve them up hot.

## Fowls *with* Oyſters.

PICK and ſinge well your Fowls, and gut them; cut the Liver into Bits, with a Dozen of Oyſters, and a Bit of Butter, ſeaſoned with Pepper and Salt, Sweet Herbs, fine Spice, Champignons, Parſley and green Onions; put all into a Stew-pan for a Moment over the Fire; then put all together into the Bellies of your Fowls, and do them again as above; and in ſpitting them, cover them with Slices of Bacon and a Sheet of Paper; keep a Ragoo of Oyſters in Readineſs for the time your Fowls be dreſſed, and make your Ragoo thus: Take three Dozen of Oyſters, blanch them in boiling Water, put them into a Colander to drain, and take out the Hard in the Middle; put in a Stew-pan a Ladle full of Ham Cullis, or as much as you think fit: If you have but one Fowl, there need not be ſo much of it; put it over the Fire, skim off the Fat, and taſte it; then put your Oyſters in, changing your Stew-pan: When your Fowls are done put your Ragoo over

them, with the Juice of a Lemon, and let it be reliſhing, and ſerve your Fowls up for an Entry.

### Fowls *with* Oyſters *the* Dutch *way*.

DRESS your Fowls as before, roaſt them, and make your Oyſter-Ragoo in this Manner: Blanch what Quantity of Oyſters you think fit, being blanched, ſinge them, and take off the Beards and Hard in the Middle; put in a Stew-pan good Butter, a Duſt of Flour with a little Gravy; ſeaſon the whole with Pepper and Salt, Nutmeg, and a Daſh of Vinegar; put your Stew-pan upon the Stove; your Sauce being thicken'd, put in your Oyſters, let it be of a good Taſte; when your Fowls are ready, diſh them up, put your Oyſter-Ragoo over them, and ſerve them up hot.

### Chickens *with* Oyſters *the* Flemiſh *way*.

DRESS your Chickens as before, and make your Ragoo as follows: Blanch your Oyſters in their Liquor, which lay by, and pick them as before, put Part of their Liquor in a Stew-pan, with four Yolks of Eggs, ſome Butter, Parſley, Terragon, all together, well blanched and cut ſmall, Lemons cut in Slices or ſmall Squares, an Anchovy cut ſmall, Pepper, Salt, and Nutmeg; then put your Oyſters over the Fire, and take care the Sauce don't turn; when your Fowls are roaſted, take them off the Spit, and take the Wings and Legs from the Body, ſlice them upon the Breaſt, and cruſh them between two Diſhes, then put your Ragoo of Oyſters over them; let it be of a good Taſte and ſerve it up hot for an Entry.

*Roaſted*

### *Roaſted* Fowls *with* Anchovies.

DRESS your Fowls the ſame way as before, and put them on the Spit; take ſome Anchovies, waſh them, cut a Couple of them ſmall, and the other in Slices, put thoſe that are cut ſmall in a Stew-pan, with good Cullis and Gravy, a Bit of Butter, and the Juice of a Lemon; your Fowls being roaſted, take them off the Spit, and diſh them up, put your Anchovy-Cullis over them, and your Anchovies in Slices, and ſerve them up hot for an Entry.

### *A roaſted* Fowl *with Shalots.*

YOUR Fowl muſt be order'd as before, except only, that you put a few Shalots into the Forced-Meat; your Fowl being done, take it off, then order your Shalots as follows, *viz.* take ſome Shalots cut very ſmall, put them in a Stew-pan with Gravy and Cullis, the Juice of a Lemon and a little beaten Pepper, and place in it your Fowl and Sauce, and ſerve them up hot for an Entry.

### *A* Fowl *with* Cream.

GET one or two Fowls, according to the Bigneſs of your Diſh, clean, order and ſpit them; they being roaſted, take them off, and let them grow cold: Take a Bit of a Nut of Veal, take the Skin well off, and cut it into Slices, together with a Piece of Bacon blanched, ſome Beef-Sewet, a Calf's Udder, ſome Champignons, Parſley, green Onions, Sweet Herbs, fine Spice, Pepper and Salt, put all together in a Stew-pan over the Fire; when it is enough, take it off, put it upon a Dreſſer, and mince it well; take the Breaſts of your Fowls and mix them with

this Forced-Meat, being cut ſmall, put them in a Mortar, with ſome Crumbs of Bread boiled in Milk; which being cold, put it to your Forced-Meat, together with ſix Yolks of Eggs, and the Half of the Whites whipped up to Snow: Pound all well together, and put this Forced-Meat in the Bottom of a ſilver Diſh, or other Diſh, and your Fowls upon it, and fill it up with what was left of the Forced-Meat, with a Hole in the Middle, to put in a ſmall Ragoo of Sweetbreads of Veal, Cocks Combs, and Champignons; then cover your Ragoo, and make your Fowls as round and as plump as you can: Beat up an Egg, and cover your Fowls therewith; ſee you make them very ſmooth, ſtrew them with fine Crumbs of Bread, and bake them in the Oven, or under the Cover of a Baking-pan: They being bak'd, and of a good Colour, skim off the Fat; wipe the Border of your Diſh clean, and ſet a Cullis on the Side of your Fowls, and ſerve them up hot for an Entry. If you cannot get a ſilver Diſh, you may take a Baking-pan, with an Abbeſs on the Bottom, after that your Fowls are put into the Diſh.

### *A* Fowl à la Braiſe.

GET a Fowl, pick and gut it, truſs the Legs inſide the Belly, and lard it with thick Bacon, the Bigneſs of the Half of a ſmall Finger; ſeaſon it with Pepper and Salt, Sweet Herbs and fine Spices, then lard your Fowl, and bind it with Packthread; take a long deep Stewing-pan, and put in it ſome Slices of Bacon and Veal, then put your Fowls into it, ſeaſoned with Pepper and Salt, Sweet Baſil, Thyme, Bay Leaves, Onions, and a Crumb of Garlick; continue to cover it with Slices of Bacon and Veal, and

and moiſten it with a Glaſs of Wine, and one or two Ladles full of Broth; ſtew it, Fire under and over; being done, diſh it up, putting a minced Sauce over it, or a Ragoo of Sweetbreads of Veal, Cocks Combs and Champignons, or a Cullis of Ham, or a Ragoo of Oyſters: All which depends on the Fancy of the Cook, if only it hath a good Taſte; then ſerve it up hot for an Entry.

### *A* Fowl *with large* Onions.

GET a Fowl, clean and order it like that above, lard it, ſpit it, and baſte it with good Butter; cut large Onions into Slices, and put them in a Stew-pan with a Lump of Butter, then put it over the Fire; it being of a good Colour, ſtrew it with a Duſt of Flour; moiſten it with Gravy, ſeaſon it and skim it well; if it is not thick enough, put in a little of your Cullis: Your Fowl being done, take it off and diſh it up; ſee your Ragoo be reliſhing, and put your Onions over it, with the Juice of a Lemon, and ſerve it up hot for an Entry.

### *Roaſted* Fowl *with* Cheſnuts.

GUT your Fowl, cut the Liver ſmall, together with Parſley, green Onions, ſcraped Bacon, Butter, Pepper, Salt, Sweet Herbs and fine Spice; take Cheſnuts, peel them, and put them into a Braiſe, to take off the ſmall Skin; then mix them with Force Meat, put all together into the Belly of your Fowl, and blanch it in a Stew-pan with a Bit of Butter. Spit your Fowl, wraped up in Bards of Bacon, with Paper tied round it. Take your peeled Cheſnuts, put them in a Baking-pan, with Fire under and over, and take off the ſmall Skin, then put them

in

in a Stew-pan with Broth, and let them be done thoroughly; pour out the Broth, and put in half a Ladleful of Eſſence of Ham, a little Cullis, and a little Gravy; your Fowl being done, draw it off the Spit, and take off the Bards of Bacon; diſh it up, put your Cheſnuts over it, with the Juice of a Lemon, and ſerve it up hot for an Entry.

### Pullets *à la Sainte-Menehout.*

HAving truſs'd the Legs in the Body, ſlit them along the Back, ſpread them open on a Table, beat them, take out the Thigh Bones. Take a Pound and a half of Veal, cut it in Slices, lay it in a Stew-pan of a convenient Size to hold your Pullets; cover it, and ſet it over a Stove; when it begins to cleave to the Stew-pan, put in a little Flour, and keep moving your Pan over the Fire to brown it, moiſten it with as much Broth as is neceſſary to ſtew the Pullets. Seaſon it with Salt, Pepper, ſavoury Herbs and Spices, ſome ſhred Parſley, a Bunch of Herbs, and ſome Onions; lard your Pullets with large Lardoons well ſeaſoned, place them in the Stew-pan, lay ſome Bards of Bacon on the Pullets, cover the Stew-pan, and ſet them over a ſlack Fire. When they are about half done, uncover the Stew-pan, put in half a Pint of Milk, and a little Cream; then cover your Pan again, and continue to ſtew them. When they are done enough, take off the Stew-pan, and let the Pullets cool in their Liquor; when they are cool, take them out, rub them over with the Fat of the Liquor in which they were ſtewed, drudge them well with Bread crumbed very fine, place them in a Paſty-pan, or a Silver Diſh, and brown them in an Oven, or under

under a Baking Cover, when they are come to a fine Colour lay them in a Diſh, pour on them ſome Eſſence of Ham, and ſerve them up for a firſt Courſe.

You may broil them on a Gridiron over a little Fire, inſtead of putting them into the Oven, or elſe

You may fry them; but in this Caſe, before you drudge, you muſt dip them in beaten Eggs, then drudge them with Bread, as above, and fry them in Hog's Lard 'till they are brown; then take them up, and ſet them a draining. Fold a Napkin in the Diſh in which you intend to ſerve them, lay them handſomely upon it with fryed Parſley, and ſerve them for the firſt Courſe.

## Pullet *or* Chicken Surprize.

ROAST them off; if a ſmall Diſh, two Chickens, or one Pullet will be ſufficient. Take the Lean of your Pullet or Chickens from the Bone, cut it in thin Slices an Inch long, and toſs it up in ſix or ſeven Spoonfuls of Milk or Cream, with the Bigneſs of half an Egg of Butter, grated Nutmeg, Pepper and Salt; thicken it with a little Duſt of Flour, to the Thickneſs of a good Cream, then boil it up, and ſet it to cool; then cut ſix or ſeven thin round Slices of Bacon, place them in a Patty-pan, and put on each Slice ſome Forced-Meat, then work them up in Form of a *French* Roll, with raw Egg in your Hand, leaveing a hollow place in the Middle; then put in your Fowl, and cover them with ſome of the ſame Forced-Meat, rubbing it ſmooth over with your Hand, and an Egg, make them of the Height and Bigneſs of a *French* Roll; throw a little fine grated Bread over them, bake them three Quarters of an Hour in a gentle Oven, or under a baking Cover,

Cover, 'till they come to a yellow brown, place them on your Mazarine, that they may not touch one another, but ſo that they may not fall flat in the baking: But you may form them on your Kitchen-Table, with your Slices of Bacon under them; then lift them up with your broad Kitchen-Knife, and place them on that which you intend to bake them on. Let your Sauce be Butter and Gravy, and ſqueezed Lemon, and your Garniſhing fried Parſley and cut Orange. You may put the Legs of one of your Chickens into the Sides of one of your Loaves that you intend to put in the Middle of your Diſh. This is proper for a Side-Diſh, for firſt Courſe, either in Summer or Winter, where you can have the Ingredients above-mentioned.

### *To dreſs* Pullets à la Tartare.

YOU muſt truſs a Couple of Pullets as for boiling; ſlit them along the Back, ſpread them open upon a Dreſſer, and beat them. Put in a Stew-pan of the Size of the Pullets, ſome Parſley, Cives, and Savoury Herbs ſhred very ſmall, and ſeaſoned with Salt, and Pepper: Lay the Pullets into the Stew-pan with the Breaſts downwards; put ſome of the above Seaſoning upon them, then pour in ſome melted Bacon, ſtir them about, and let them lie in this Mixture two Hours, to give them the Taſte of it. Then ſet the Stew-pan over the Fire, to melt the Bacon again, and keep the Pullets moving in it for half a Quarter of an Hour; after which take them out, drudge them well with Bread crumbed very fine, and lay them to broil on a Grid-iron over a ſlack Fire, 'till they are grown brown: Prepare a haſhed Sauce, lay it in the Bottom of a Diſh, and the Pullets upon it.

*A* Fowl

### *A* Fowl *in Fillets with* Piſtaches.

SPIT your Fowls, and let them roaſt; they being done, take them off, and cut off the Wings, and the White off the Breaſt; keep a ſmall Sauce ready in a Stew-pan, made with Sweet Herbs, a little good Butter, ſmall Champignons cut into Slices; put it over the Fire with a Duſt of Flour in it, ſtir and moiſten it with a Ladle full of good Broth; ſee it be of a good Taſte; the Piſtaches being ſcalded and cut into Slices, put them in, and make a thick Sauce with four or five Yolks of Eggs, beat the ſame up with Cream; then put in the White and Legs of your Fowls, with the Juice of a Lemon; you muſt cut your Wings only in two, then place the Slices of your Fowls in the Bottom of the Diſh, with your Sauce over it, and let there be no Sauce remaining; make it as reliſhing as poſſibly can be, and ſerve it up hot for an Entry.

### *A* Fowl, Chicken, *or* Capon à la Bourgeoiſe.

GET a Fowl, ſinge, pick, draw and truſs it; take a Kettle or earthen Pot, put Water in it, enough to ſoak your Fowl; put your Pot over the Fire with a handful of Salt; and when the Water boils, put in your Fowl, but let it not boil too much: Put a Lump of Butter in a Stew-pan, or earthen Pot, with a Duſt of Flour, Nutmeg, Pepper, Salt and Oyſters, if any are to be had; put your Stew-pan over the Fire, and thicken your Sauce; which being thickened and pretty reliſhing, take out your Fowl and diſh it up with your Oyſter Sauce over it.

At another time you take a little Parſley, ſome green Onions, a little Mint, and a little Terragon, if you have

any; but you may make your Sauce with Parſley only; but if you can get Anchovies, cut a Couple ſmall, and put them into it; cut half a Lemon, after having taken off the Rind, into ſmall ſquare Pieces, and ſqueeze in the other half, then put in a little Butter, with a Duſt of Flour, and a little Water, Pepper, and Salt, and ſet your Sauce a ſtewing. Your Fowl being done, diſh it up with your Sauce over it.

At another time put ſome Endive with your Fowl; and when it is done, give it three or four Cuts with a Knife, and put it into a Stew-pan with a little Butter, and a Duſt of Flour, and ſet it over the Fire; then moiſten it with a little of the ſame Broth your Fowl hath been boiled in; if it be not thick enough, thicken it with Eggs.

At another time you may dreſs your Fowl with Onions, in boiling them with your Fowl; you may put them in a Stew-pan or earthen Diſh, with a Lump of Butter rolled in Flour, Pepper and Salt; put it over the Fire with ſome of the ſame Broth your Fowl was boiled in; thicken your Sauce, and ſerve it up hot for an Entry.

## *A* Fowl *in Haſh.*

YOU muſt take ſome Fowls ready dreſſed, then take the Fleſh and cut it very ſmall; take the Carcaſſes, put them in a Stew-pan with good Broth, an Onion cut in Slices, Parſley, and Sweet Herbs; when it is boiled enough, ſtrain it off; then put in it a Bit of Butter rolled in Flour, and let it ſtew a Moment again, then put in it your Haſh of Fowls; let your Haſh be reliſhing, thicken it with three Yolks of Eggs, or more, according to the Quantity of Haſh

Haſh you make; it being thick, put in it the Juice of a Lemon, and ſerve them up hot for *Hors d'Oeuvre.*

### *A Haſh of* Fowls *the* Engliſh *way.*

LET your Fowls be ready dreſſed, take off the White, cut the ſame into ſmall ſquare Pieces, and put it in a Stew-pan; boil the Carcaſſes in a little Broth, then ſtrain it through a ſilk Strainer; take this Broth, and put in it your Pieces of Fowl, cut into ſmall Squares, and put it over the Fire; add to it a Bit of Butter rolled in Flour, a little Pepper and Salt, and if there is Occaſion for it, the Juice of a Lemon; diſh it up, garniſh it with ſmall Pieces of Bread fried, and ſerve it up hot for *Hors d'Oeuvre.*

### Fowls à la Mommorency.

HAving a Fowl, ſinge, gut, truſs, and blanch it over a Charcoal Fire; then lard it with thin Bacon; being larded, ſplit it in the Back, put into the Belly a ſmall Ragoo with Sweetbreads of Veal, Champignons, Truffles, and ſome Bottoms of Artichokes; put it a ſtewing in a Stew-pan with Slices of Bacon, Ham, and Veal; being ſtewed, take it off and put in it a little Broth; let it have a Boil, then ſtrain it off in a Silk Strainer, and ſkim the Fat well off; then ſet it on again and let it ſtew 'till it turns to Caramel, then put it in your Fowls, and put your Bacon Side into the Caramel, put it upon hot Cinders, that it may glaze as it ſhould: Being ready to ſerve up, put a Cullis of Ham, or a Sauce made the *Italian* Way into your Diſh, then your Chickens over it, and ſerve it up hot for an Entry.

### *To dreſs* Pullets *with Slices of* Ham.

FIRST truſs your Pullets, cut ſome Slices of Ham, for each Pullet one; beat them a little, and ſeaſon them with ſhred Cives and Parſley; looſen the Skin of your Pullets Breaſts with your Finger, and ſlide in a Slice of Ham, between the Skin and the Fleſh; then blanch your Pullets, by laying them before the Fire; wrap them up in Bards of Bacon, and roaſt them; when roaſted, and the Bards taken off, put them in a Diſh, and pour on them ſome Eſſence of Ham.

## *CHICKENS.*

### Chickens *with* Muſhrooms *and* Sweet Herbs *roaſted.*

TAKE Chickens, clean them well, and draw them; raſp ſome Bacon and put a few Muſhrooms, Parſley, and young Onions and a little Sweet Baſil, with the Livers of your Chickens, ſeaſoned with Pepper and Salt. Haſh all and mix it together, put it in the Bodies of your Chickens; then put them in a Sauce-pan, with a Piece of Butter, Parſley, young Onions, Salt, and Sweet Baſil. Being done, Packthread them and ſpit them, and put them to the Spit wrapped with Bards of Bacon, and let them roaſt ſlowly. Make a Ragoo of Muſhrooms, after this Manner: If they are dryed Muſhrooms, ſteep them in luke-warm Water for one Hour or two, then take them out, and put them in a Stew-pan with ſome Gravy, and let them ſtew on a ſlow Fire. Having ſtewed a Quarter of an Hour, thicken them with ſome Cullis. When your Chickens are done, take them from the Spit, unbard them, and dreſs them

them handſomely in their Diſh: See that your Ragoo of Muſhrooms be of a good Taſte, and ſharp, put it upon your Chickens, and ſerve it hot for a firſt Courſe.

## Chickens *with* Sweet Herbs *roaſted.*

DRESS your Chickens neatly, raſp ſome Bacon, a little Ham, haſh them well with Parſley, young Onions, and the Livers of Chickens haſhed, ſeaſoned with Pepper and Salt; mix it all together, and put it in the Bodies of your Chickens. You muſt obſerve to faſten them always at both Ends: Let them do in a Stew-pan, with a Bit of Butter, whole Parſley, young Onions whole; ſpit them and wrap them with Bards of Bacon, and covered with Sheets of Paper, and put them to roaſt ſlowly. When they are done, take them off and unbard them, and dreſs them neatly in their Diſh, throw an Eſſence of Ham on them, and ſerve them hot for a firſt Courſe.

## Chickens *with* Farce-Meat *and* Cucumbers *roaſted.*

DRESS your Chickens neatly, take off the Breaſts and bone them, put the Fleſh upon the Table, with ſome Ham and blanched Bacon, and a Calf's Udder blanched, ſome Champignons, a little Parſley, and young Onions, a few Sweet Herbs, fine Spices, three or four Yolks of Eggs, ſome Crumbs of Bread, ſoaked in Cream or Milk, and boil the Bread, then leave it to cool; being cool, put it with the Farce, and Haſh all well together, and ſtuff your Chickens with it. Cloſe them at both Ends, keep a little of the Farce, let them ſtew as before, run a a Skewer thorough their Legs, and ſpit them wrapped with Bards of Bacon, and covered with Sheets of Paper, and

let

let them do ſlowly. Take four middling Cucumbers, pare them, and empty their Inſides; being well emptied, blanch them in ſome Broth; being blanched, put them into cold Water, then ſtuff them with the Farce, and flour them at each End. Take a Stew-pan and put ſome Bards of Bacon in it, and lay your Cucumbers over; ſeaſon them and wet them with a Ladle full of Broth, and let it boil, take half a Spoonful of your Cullis, and put it in a Stew-pan; let your Cullis be of a good Taſte. When your Chickens are done, take them out, dreſs them in their Diſh, and put your Cucumbers to drain, then put them round your Chickens, and put your Cullis over them, with the Juice of a Lemon, and ſerve it hot.

You may dreſs Capons the ſame Way.

## Chickens à la Braiſe.

HAving the fatteſt Chickens you can get, parboil them; lard them with large Lardoons of Bacon, and of Ham, both very well ſeaſoned; when they are larded, tie them about with a Packthread; then garniſh the Bottom of a ſmall Kettle with Bards of Bacon and Slices of Beef well beaten, and ſeaſoned in the ſame Manner as for the other Braiſes already mentioned: Put the Chickens into the Kettle, the Breaſts downwards, ſeaſon them above as underneath; lay over them Slices of Beef and Bards of Bacon, cover the Kettle, and ſet them to ſtew, with Fire over the Kettle as well as under it. Then make a Ragoo as follows: Take ſome Veal Sweetbreads and cut them in Morſels, add to them ſome Cocks Combs, ſome Muſhrooms and Truffles cut in Slices; ſeaſon all this with Pepper, Salt, and a Bunch of Savoury Herbs; put it into a Sauce-

Sauce-pan, and toſs it up over a Stove with ſome melted Bacon. Then put ſome Gravy amongſt it, and ſet it to ſimmer over a gentle Fire; when it is half done, put to it ſome Aſparagus-Tops, and Artichoke-Bottoms cut in Quarters and blanched; then continue to prepare your Ragoo, and when it is enough, be careful to take off all the Fat, and thicken it with a Cullis of Veal and Ham; take up your Chickens, let them drain, and then put them into the Stew-pan amongſt your Ragoo; and when you are ready to ſerve, take them out, unbind the Packthread, and lay them handſomely in the Diſh you intend to ſerve them in: Take Care your Ragoo be well reliſhed and the Fat be well taken off; then pour it on the Chickens, and ſerve them warm for the firſt Courſe.

We ſerve Chickens *à la Braiſe* ſometimes with a Ragoo of Crawfiſh, or of Oyſters; as likewiſe with all Sorts of Ragoo's of Legumes.

## *Farced* Chickens *with* Anchovies.

HAving ſome grated fat Bacon, ſeaſon it with Salt, Pepper, ſome Parſley, Cives, and two Anchovies, ſhred very ſmall; mix all together, and having looſened the Skin of the Breaſts of your Fowls, put it between the Skin and the Fleſh: Tie them with Packthread, fold them up in Bards of Bacon and Sheets of Paper; then Spit your Chickens, and while they are roaſting at a gentle Fire, take two Anchovies, waſh them very clean, bone them and ſhred them very ſmall, then put them in a Stew-pan, and melt them in a clear Cullis of Veal, Ham, and Bacon. Keep the Cullis over hot Embers, and when the Chickens are roaſted, take off the Bards and diſh them up, pouring the Cullis

Cullis of Anchovies upon them, and ſerve them for the firſt Courſe.

We dreſs likewiſe Capons, Pullets, Quails, Partridges, Fillets of Veal and Mutton with Anchovies, in the ſame Manner as Chickens, and ſerve them alſo for firſt Courſe.

## *To boil* Chickens *and* Aſparagus.

FORCE the Chickens with good Forced-Meat, and boil them white, cut the Aſparagus an Inch long, ſo parboil it with Water, a little Butter and Flour, and drain it; then take a Sauce-pan with a little Butter and Salt, and diſſolve it ſlowly, taking Care that it do not become brown. Add to the Aſparagus a little minced Parſley and Cream, a Faggot of Fennel, ſome Nutmeg, Pepper and Salt, ſtew it over a ſlow Fire; ſo ſerve it over your Chickens; ſqueeze in a little Lemon.

## *To marinate* Fowls.

YOU muſt take Pullets, Chickens, or Veal Sweet-breads, Muſhrooms, Oyſters, Anchovies, Marrow, and a little Lemon-peel, a little Pepper, Salt, Nutmeg, and a little Thyme, Marjoram and Savoury, a few Chives; mingle all theſe together with the Yolk of an Egg, then raiſe up the Skin of the Breaſts of your Fowls, and ſtuff it; and ſtick it up again, and lard them, fill their Bellies with Oyſters, and roaſt them; make good ſtrong Gravy Sauce: So you may do Pheaſants, Turkies, or what Fowls you pleaſe.

*A par-*

### *A particular Manner of ſtewing* Chickens *or* Rabbits.

GET two, three, or four Chickens, about the Bigneſs of a Partridge, and boil them 'till they are half done: Then take them off, and cut them into little Pieces, ſeparating the Joint-Bones one from another; let not the Meat be minced, but cut into great Slices, not ſo exactly, but more or leſs; the Breaſt Bones are not ſo proper to be put in: However, put the Meat, together with the other Bones (upon which there muſt alſo be ſome Meat remaining) into a good Quantity of that Water or Broth wherein the Chickens were boiled; and ſet it over a Chafing Diſh of Coals, between two Diſhes, that ſo it may ſtew on 'till it be fully enough, but firſt ſeaſon it with Salt, and groſs Pepper, and afterwards, add Oil to it, more or leſs according to the Goodneſs thereof. A little before you take the Meat from the Fire, put in ſuch a Quantity of Juice of Lemons as may beſt agree with your Taſte. This makes an excellent Diſh of Meat, which is to be ſerved up in the Liquor; and though for a Need, it may be made with Butter inſtead of Oil, and with Vinegar inſtead of Lemon Juice, yet, is the other incomparably better for ſuch as have not an Averſion for Oil. The ſame Diſh may be alſo made of Veal, or Partridge, or Rabbits; and indeed, the beſt of them all is Rabbits, if they be ſo dreſs'd before *Michaelmas*; for afterwards they grow rank; ſince though they are fatter, yet the Fleſh is more hard and dry.

### Chickens *Chiringrate.*

CUT off their Feet and lard them, brown them off, make a Ragoo Sauce and ſtew them in it; when you are going to ſerve, put to your Chickens cold Ham

 ſliced

ſliced. Let it ſtew a little with your Chickens; ſo ſerve them with your ſliced Ham about them.

*For* Fricaſey *of* Chickens, *ſee the Chapter of* Fricaſeys.

### Chickens *with* Sellery.

BOIL them off white with a Piece of Ham, then boil off two Bunches of Sellery; cut them two Inches along the white End, and lay them in a Sauce-pan; put in ſome Cream, Butter, and Salt; ſtove them a little and thickiſh, then lay your Chickens in your Diſh, with your Sellery between. Garniſh with ſliced Ham and Lemon.

### Chickens *with* Tongues, Cauliflowers *and* Greens.

TAKE ſix Hogs Tongues, boil them and ſkin them, ſix Chickens boiled off white, one Cauliflower boiled, and ſome Spinach, put your Cauliflower in the Middle of your Diſh, your Chickens about, and between, a Tongue with Heaps of Spinach round, and Slices of Bacon.

### Chickens *Royal.*

LARD them and force the Bellies and paſs them off; then ſtove them in good Gravy and Broth Gold Colour: Make a Ragoo of Muſhrooms, Morels, Truffles and Cocks Combs, and when your Chickens are enough, diſh them up, lay your Ragoo over, and garniſh with Petty Patties and fried Sweetbreads.

### Scotch Chickens.

CUT your Chickens in Quarters; ſinge them and waſh them well, and then put as much Water as will juſt cover them; put them on a gentle Fire, and when they

they boil ſkim thom well, and put in ſome Salt, Mace and Nutmeg, a Faggot of Thyme, Parſley, and a little Pepper; and when your Chickens are tender, chop half a Handful of Parſley and put it in your Chickens; then beat up ſix Eggs, Yolks and Whites together; and as your Chickens boil up, put in your Eggs a Top; and ſo ſerve them all together; the Broth will be very clear.

## *D U C K S.*

### Ducklings á la Mode

CUT them in Quarters, lard one half and brown them off; ſtove them in half a Pint of Claret, a Pint of Gravy and two Shalots, one Anchovy and a Faggot of Herbs; ſtove them tender, ſkim off the Fat, take out the Faggot and ſqueeze in a Lemon; ſhake it together; the Sauce muſt be thick as Cream, ſo ſerve away to Table hot.

### *Stoved* Ducks *the* Dutch *Way*

YOU muſt truſs two Ducks cloſe without the Legs, and lard one; ſeaſon with Pepper and Salt, and fill the Bellies with ſmall Onions; then lay at the Bottom of your Stew-pan half a Pound of Butter, and put in your Ducks, and cover them with ſliced Onions; then another half Pound of Butter; ſtove this two Hours gently, keeping it covered all the while; when you find all diſcoloured, and your Ducks tender, diſh them, ſhaking a little Vinegar amongſt them.

## Duck *or* Teal *with* Horſe-Radiſh.

TRUSS them to boil, if two, lard one, and paſs them off in brown Butter, then put to them a Pint of clear Broth and two Plates of Horſe-Radiſh; ſeaſon with Salt, and ſtove theſe together 'till tender; then ſtrain off your Horſe-Radiſh from your Ducks, and put in a good Piece of Butter; you may ſcrape your Horſe-Radiſh very fine, which is the beſt Way; then lay your Ducks in your Diſh, and your Horſe-Radiſh all over, and garniſh with ſcraped Horſe-Radiſh and ſliced Lemon, and ſerve away hot.

## *To dreſs a* Wild Duck *with* Lemon Juice.

HALF roaſt your Duck, then take it off the Spit, and lay it in a Diſh; carve it, but leave the Joints hanging together: In the Inciſion put Salt, and beaten Pepper, and ſqueeze the Juice of Lemons; turn it on the Breaſt, and preſs it hard with a Plate, and ſet it a little to ſtew on your Stove; turn it again, and ſerve it hot in its own Gravy.

## *To ſtew a* Duck *wild or tame.*

HAving a Stew-pan, put at the Bottom of it Slices of Bacon and Beef; add ſome Parſnips, Carrots and Onions ſliced, and ſome Slices of Lemon, a few Savoury Herbs, with Pepper, Salt and Cloves; then put in your Duck, cover it when it is ſtewed enough, take up the Duck, and make a Ragoo of Lambs Sweetbreads, with Cocks Combs, Truffles, Muſhrooms, and Artichoke Bottoms; toſs up all this in melted Butter, and pour on the Duck.

*To*

### *To boil* Ducks *after the* French *Faſhion.*

LET the Ducks be larded, ſpitted and half roaſted: Then draw them and put them into a Pipkin; as alſo a Quart of Claret Wine, ſome Cheſnuts, a Pint of great Oyſters, that have the Beards taken from them, three Onions minced very ſmall, ſome Mace, a little beaten Ginger, and a little Thyme ſtripped: Then put in the Cruſt of a *French* Roll grated, to thicken it, and ſo diſh it upon Sippets: This may be diverſified: If there be ſtrong Broth, there need not be ſo much Wine put in it, and if there be no Oyſters, or Cheſnuts, you may put in Artichoke Bottoms, Turnips, Cauliflowers, Bacon in thin Slices, Sweetbreads, &c.

### Ducks à la Braiſe *with* Turnips.

LARD a Duck with large Lardoons, well ſeaſoned; take a Stew-pan of a convenient Size, and garniſh the Bottom of it with Bards of Bacon and Slices of Beef, to which add ſome Onions, Carrots, and Parſnips ſliced, ſome Slices of Lemon, ſome ſavoury Herbs, Pepper, Salt, and Cloves; then put in your Duck, cover it in the ſame Manner as under it, and put Fire, likewiſe, under and over it. This is a Diſh for the firſt Courſe, which is ſerved in ſeveral Manners. When it is with Turnips, they are to be cut in Dice, or round them in the Shape of Olives; they muſt be toſs'd up in Hog's Lard, to give them a brown Colour; then ſet them to drain; and, after that, put them to ſimmer in good Gravy, and thicken them with a good Cullis. When the Duck is ready to be ſerved up, drain it well, then lay it in the Diſh, pour upon it the Ragoo of Turnips, and ſerve it

it hot. If you will be at the Charge of ſtewing it *à la Braiſe*, when you have larded your Duck, drudge it well with Flour, and toſs it up in melted Bacon to brown it; then put it into a Pot and make a Brown, either with melted Bacon, or Butter and Flour, to which put ſome good Broth and near a Pint of White Wine, ſeaſoning the whole with Salt, Pepper, Cloves, Onions, Slices of Lemon, Parſley, and ſavoury Herbs, ſo ſet the Duck to ſtew, and when it is done, ſerve it with the following Ragoo:

## Ragoo *for a* Duck *à la Braiſe.*

IT is made either with Veal or Lambs Sweetbreads, with fat Livers, Cocks Combs, Muſhrooms, Truffles, Aſparagus Tops, and Artichocke Bottoms: Toſs up all this in melted Bacon, moiſten it with good Gravy, bind it with a Cullis of Veal and Ham, and when you have diſhed up your Duck, pour the Ragoo upon it.

## Ducks Tongues.

GET as many Ducks, or Geeſe Tongues as you can; fifty Tongues will fill up a ſmall Diſh. Blanch them, put them in a Stew-pan over ſome Slices of Bacon, with Onions cut in Slices, and ſome Sprigs of Sweet Baſil; ſeaſon it with Salt, Pepper, and ſome Slices of Bacon, moiſten it with a Spoonful of Broth, let it ſtew together. The Tongues being done, drain them, and put them, in ſome Eſſence of Ham, or an *Italian* Sauce, put them, for a Minute, over the Fire to take a Reliſh. Being ready to ſerve, let your Tongues be reliſhing, add the Juice of a Lemon; ſerve them up hot for a dainty Diſh.

At

At another Time, you may garniſh them with Muſhrooms, Truffles, Cocks Kidneys and Cocks Combs.

## *G E E S E.*

### *To dreſs a* Green Gooſe.

YOU muſt take a Stew-pan of a convenient Size, and cut your Gooſe in two; put at the Bottom of your Pan, Bards of Bacon and Beef, with Onions, Savoury, Thyme, and Marjoram; with Carrots, Slices of Lemmon, Pepper, Cloves, and Salt; put in the Gooſe over a good Charcoal Fire, 'till enough, often ſtir and turn it; then make a Ragoo of Green-Peaſe, toſſed up with a little freſh Butter, and Flour, a Bunch of Herbs, Salt and Pepper; moiſten it with Gravy; and when you ſerve it, thickne it with the Yolks of two Eggs, beat in Cream: Diſh up your Gooſe, and pour the Ragoo upon it.

This Ragoo ſerves for a Breaſt of Veal, or Pigeons ſtewed.

### Geeſe *larded and ſtoved.*

YOU muſt truſs your Geeſe cloſe and lard one Side, put in ſome Sage and Onion chopped ſmall, rolled up with Eggs, Crumbs of Bread, Pepper, Salt, and Butter; then paſs them and ſtove them gently in good Broth and Gravy 'till tender: Make a clean thick Lear, ſqueeze in an Orange and ſerve away hot.

### Green Geeſe à la Daube.

LARD your Green Geeſe with large Lardoons, ſeaſon with Salt, Pepper, Cloves, Nutmeg, Bay Leaf, Chyes, Lemon Peel, and wrap them up in a Napkin; boil them

them in Broth, and White Wine; when the Broth is pretty well waſted away, and you judge them to be enough, take them off, and ſet them to cool in the Liquor in which they are boiled; then take them out, and ſerve them dry on a clean Napkin, and garniſh with green Parſley: We ſometimes boil with them ſome Slices of Veal and Bards of Bacon, to ſtrengthen them and keep them white.

We dreſs Turkies, Capons, Partridges, and other Fowls in the ſame Manner.

### *To boil a* Gooſe *with* Cabbage *or* Sauſages.

SALT your Gooſe, two or three Days, then truſs it to boil; cut Lardoons as big as the Top of your Finger, as much as will lard the Fleſh of the Breaſt; and ſeaſon your Lardoons with Pepper, Mace, and Salt. Afterwards, ſet all a boiling in Beef Broth, if you have any, or Water, ſeaſoning your Liquor with a little Salt, Pepper groſly beaten, an Ounce or two, a Bundle of Bay Leaves, Roſemary and Thyme, tied all together: In the mean while, having prepared your Cabbage or Sauſages boiled very tender, ſqueeze all the Water from them, put them into a Pipkin, with a little ſtrong Broth or Claret Wine, and an Onion or two; ſeaſon it with Pepper, Salt, and Mace to your Taſte; add ſix Anchovies diſſolved, and let all ſtew a good while on the Fire: Put in a Ladle full of thick Butter, with a little Vinegar, when your Gooſe is boiled enough, and lay your Cabbage on Sippets of Bread, the Gooſe on the Top of your Cabbage, and ſome of the Cabbage on the Top of your Gooſe.

Geeſe

### Geeſe à la mode.

TAKE two Geeſe, and raiſe their Skins on the Breaſts, and making a Stuffing of Pullet, Chicken, or Veal Sweetbreads, Muſhrooms, Anchovies, Oyſters, Marrow, and a little Lemon Peel, a little Pepper, Salt, Nutmeg, Thyme, Marjoram, and a Clove of Garlick, mingle all theſe with the Yolk of an Egg; put a little under the Skin on the Breaſts, and ſome in their Bellies. Lard your Geeſe with Lemon and Thyme, then put in as much Butter in your Stew-pan as will brown them on both Sides; then put them in the Butter with ſtrong Gravy, ſeaſoned very high, and when they are ſtewed enough, take them out; thicken the Sauce with Butter rolled up in Flour, and the Yolks of Eggs, with half a Pint of Claret, and let them boil to be thick; then fry Oyſters and Forced-Meat Balls, and criſped Sippets to lay round your Diſh, and ſerve it. Garniſh with grated Bread, and Flowers, round your Diſh.

## *PIGEONS.*

### *To boil* Pigeons.

STUFF your Pigeons with Parſley and Butter, put them into an earthen Pot, with ſome ſweet Butter, and let them boil: Afterwards, add thereto ſome Parſley, Thyme, Roſemary and Spinage ſhred; with a little groſs Pepper, and Salt: Then ſtrain in the Yolk of an Egg, with ſome Verjuice, lay Sippets in the Diſh, and let it be ſerved up.

### Pigeons au Poir.

MAKE a good Forced-Meat of Veal, take ſmall Squails and ſtove them off in Gravy; fill the Bellies with Forced-Meat in the Shape of a Pear; ſtick a Leg a Top, and it will be the Bigneſs of a *Windſor* Pear, waſh them over with an Egg, and crumb them and bake them gently.

### Pigeons *forced and ſtoved.*

CUT the Legs off, truſs them cloſe and lard them with groſs Lard; paſs them off and ſtove them with half a Pint of Rheniſh Wine, ſome clear Broth, and Cabbage Lettuce; force your Lettuce; ſeaſon with Pepper, Salt and Mace; Squeeze in a Lemon and ſerve away; let your Sauce be thick as Cream, and garniſh with your Forced Lettuce and Lemon.

### Pigeons Surtout.

HAving cleanſed your Pigeons, make for them Forcing, then tie a large *Scotch* Collop on the Breaſt of each; ſpit and cover them with Paper, and roaſt them; then make for them a Ragoo, and garniſh the Diſh with ſliced Orange.

### Pigeons à la Crepeaudine.

WHEN you have picked and gutted your Pigeons, truſs them with their Legs within their Bodies; then cut up the Breaſt and throw the ſame over their Heads, and beat them flat; put them in a Stew-pan with melted Bacon, or Butter, ſome Parſley, green Onions, Pepper, Salt,

Salt, and Sweet Herbs; put all over the Fire to make it have a Taſte, then ſtrew them with fine Crumbs of Bread, and let them be broiled, and ſerve them up with Gravy, a Shalot cut ſmall, or green Onions and the Juice of a Lemon over them, and ſerve them up hot for an Entry.

## Pigeons en Compôte.

PULL and draw your Pigeons, truſs them handſomely, the Legs in the Bodies, and parboil them; then lard them with large Lardoons, ſeaſoned with Salt, Herbs, Pepper, Spices, minced Cives and Parſley, and ſtew them *à la Braiſe*. While they are a ſtewing, make a Ragoo of Cocks Combs, Fowls Livers, Truffles, and Muſhrooms, toſſing them up in a little melted Bacon, then moiſten your Ragoo with Gravy, ſet it to ſimmer over a gentle Fire, take off the Fat, and thicken it with a Cullis of Veal and Ham. Take up your Pigeons and drain them, then put them into the Ragoo, and let them ſimmer in it to give them the Taſte of it: Lay them in a Diſh, pour the Ragoo upon them, and ſerve them for the firſt Courſe.

## Pigeons en Compôte *with* White Sauce.

YOUR Pigeons being ſcalded, drawn, truſſed, and blanched, put them into a Stew-pan, with a little melted Bacon, a Bunch of Herbs, an Onion ſtuck with Cloves, Veal Sweetbreads, Cocks Combs, Muſhrooms and Truffles, the whole ſeaſoned with Salt and Pepper; toſs them up over a Stove, put in a little Flour, and give them three or four Turns: Put to them ſome good Broth, and make them ſimmer in it over a gentle Fire: When they are enough done, take off the Fat, and thicken them with

a White Cullis; but if you have no Cullis, make uſe of, inſtead of it, the Yolk of two or three Eggs beaten up in Cream, with a little ſhred Parſley. So diſh them up and ſerve them for the firſt Courſe.

## Pigeons au Gratin.

HAving young Pigeons picked dry, blanch them again over a Charcoal Fire, then pick them very clean, and when they are well picked, ſplit them in the Back; then take the Livers, which you mince with ſcraped Bacon, Parſley, green Onions, Champignons and Truffles, ſeaſoned with Pepper, Salt, fine Spice and Sweet Herbs; but all moderately: Then put in a ſilver Diſh Slices of Bacon, of Veal, and of Ham; after that place in it your Pigeons and put your Forced-Meat, mentioned before, in their Bellies; and lay over each Pigeon a ſmall Slice of Ham and Veal: There is no need to put Seaſoning, by reaſon of the Ham: Cover them with another Diſh, half as ſmall again as the other, and take a white Napkin moiſten'd, which put all round the Diſh, to hinder it from takeing Vent; then put it a ſtewing over a ſmall Stove; it being done, diſh it up with Eſſence of Ham in another Diſh, and ſerve it up hot for a ſmall Entry, or *Hors d'Oeuvre.*

## *Another way of dreſſing* Pigeons au Gratin.

GET ſome Pigeons as above, pick and order them very clean; put ſome Slices of Bacon and Veal in a Stew-pan; alſo ſome Slices of Ham and Onions, then place in your Pigeons: Make a ſmall Seaſoning with Parſley, ſcraped Bacon, green Onions, Salt, Sweet Herbs, ſome fat Liver, Champignons and Truffles; the whole being

ing well minced together, put it in the Bellies of your Pigeons, and let the Seaſoning be as it ſhould, but take care not to make it too ſalt, then cover it with a Layer of Veal and Slices of Bacon; and when they are done, make a little Cullis of Partridges, which you muſt put into your Diſh about the Breadth of two Fingers deep; then put your Pigeons into it, and ſo put your Diſh upon a Stove, to make them ſtick to the Bottom of it; keep the Border of your Diſh clean; then put in it a little Eſſence of Ham, or elſe an *Italian* Sauce and ſerve up hot.

### *A Pupton of* Pigeons.

YOU muſt take ſavoury Forc'd-Meat and roll it out as Paſte, and put it in a toſſing Pan, then lay in thin Slices of Bacon, Squab Pigeons, ſliced Sweetbreads, Tops of Aſparagus, Muſhrooms, Yolks of hard Eggs, the tender Ends of ſhiver'd Palates, and Cocks Combs boil'd, blanch'd and ſliced: Then cover it over with another Forc'd-Meat as a Pye, when bak'd, turn it into a Diſh and pour Gravy in it.

### *To ſtew* Pigeons.

MELT a good Quantity of Butter, mingle it with Parſley, Sorrel and Spinage, which you muſt ſtew in ſome Butter, and when it is cold put it into ſome of their Craws with a Bay-Leaf; ſave ſome of it for Sauce: Then ſtew the Pigeons in as much ſtrong Gravy as will cover them, with ſome Cloves, Mace, Salt, Pepper, and Winter Savoury, a little Lemon Peel, a Shalot or two; then brown ſome Butter and put in; and when they are ſtewed enough, put in a little Bit of Butter rolled up in Flour,

and

and the Yolk of an Egg, with ſome of the Herbs you left out, ſhake it up all together, and ſerve away hot.

### *Another Way of dreſſing* Pigeons.

GET young Pigeons and parboil them, then chop ſome raw Bacon very ſmall, with a little Parſley, a little Sweet Marjoram, or Sweet Baſil and a ſmall Onion; ſeaſon this with Salt and Pepper, and fill the Bodies of the Pigeons with it. When this is done, ſtew the Pigeons in Gravy, or ſtrong Broth, with an Onion ſtuck with Cloves, a little Verjuice and Salt; when they are enough, take them out of the Liquor, and dip them in Eggs that have been well beaten, and after that, roll them in grated Bread, that they may be covered with it. Then make ſome Lard very hot, and fry them in it 'till they are brown, and ſerve them up with ſome of the Liquor they were ſtew'd in, and fried Parſley.

### Pigeons *in* Paſte.

FILL the Belly of your Pigeon with Butter, a little Water, ſome Pepper and Salt, and cover it with a thin light Paſte, and then put it in a Linnen-Cloth, and boil it for a Time, in Proportion to its Bigneſs, and ſerve it up. When this is cut open, it will yield Sauce enough of a very agreeable Reliſh.

### Pigeons à la Braiſe.

PICK, gut and truſs large Pigeons, lard them with thick Bacon well ſeaſoned; then take a Stew-pan, and garniſh it with Slices of Bacon, Veal and Onions; place in it your Pigeons, and ſeaſon them with Pepper, Salt, fine Spices,

Spices, and Sweet Herbs, and cover them under and over, and let them ſtew; being ſtewed, let them drain; keep a Ragoo ready made with Sweetbreads of Veal, Truffles and Champignons; your Sweetbreads of Veal being blanched, put them into the Stew-pan, together with your Truffles and Champignons, adding to them a Ladle full of Gravy, and a little Cullis, and let it ſtew: All being done, and of a good Taſte, diſh up your Pigeons, pour a Ragoo over them, and ſerve them up hot for an Entry.

*For* Pigeon-Pie, *ſee the Chapter of* Paſtry.

## *PARTRIDGES.*

### *Young* Partridges *in* Gallimaufry.

AFTER you have picked, ſinged and drawn your Partridges, put them on the Spit with a Bit of Butter in the Inſide of each, wraping them up with Bards of Bacon in Paper; when they are done enough, cut them as you would your Chickens for a Fricaſey, then put them in a Stew-pan, with a little Broth, a little ſhred Cives, and a Shalot, a little Parſley, Salt, and Pepper, a Rocambole well minced, a ſmall Handful of Crumbs of Bread, ſome Zeſt, with the Juice of an Orange; heat them a little on the Fire, and give them two or three Toſſes without boiling them in their Diſh, and ſerve them up hot for a firſt Courſe Diſh.

### Partridges *the* Spaniſh *Way*

WHEN you have ſinged, picked and drawn your Partridges, you muſt mince ſome of their Livers with a Bit of Butter, ſome ſcraped Bacon, Muſhrooms, green

green Truffles, if they are to be had, Parſley, Chibbol, Salt, Pepper, Sweet Herbs, and All-ſpice. The whole being minced together, put it in the Inſide of your Partridges, and then ſtop both Ends of them; after which, give them a fry in a Stew-pan; and being done, ſpit them, and wrap them up in Slices of Bacon and Paper; then take a Stew-pan, and having put in an Onion cut in Slices, a Carrot cut in little Bits, with a little Oil; give them a few Toſſes over the Fire, then moiſten them with Gravy, Cullis, a little Eſſence of Ham, putting therein half a Lemon cut in Slices, four Cloves of Garlick, a little Sweet Baſil, Thyme, a Bay Leaf, a little Parſley, Chibbol, a Couple of Glaſſes of White Wine, and if you have any of the Carcaſſes of Partridges, let them be pounded, and put them in this Sauce; but if you have none, you may put in their Stead ſome of the pounded Livers of your Partridges, having firſt taken away their Galls; when the Fat of your Cullis is taken away, be careful to make it reliſhing, and after your pounded Livers are put in your Cullis, you muſt ſtrain them through a Sieve. Your Partridges being done, take them off, as alſo take off the Bacon and Paper, and lay them in their Diſh, with your *Spaniſh* Sauce over them.

## *Young* Partridges *with* Olives.

GET of Partridges the Number you think proper, according to the Bigneſs of your Diſh, pick them well, draw them clean, but do not cut their Hole in the Back-Side, take away their Gall, and mince them with ſome Parſley, Chibbol, Muſhrooms, Sweet Herbs, All-ſpice, Salt, Pepper, ſcraped Bacon, with a Bit of Butter; put the

the whole in the Inſide of your Partridge, putting the Rump in the Hole of their Backſide, do not take off their Feet, and let them take a fry in the Stew-pan, with a Bit of Butter, ſome Sprigs of Parſley, a little Chibbol, with ſome Salt, after which, ſplit them, wrapped up in Slices of Bacon, and ſome Sheets of Paper; then get ſome Olives, and having taken their Stones away, blanch them in boiling Water, then put them in a Stew-pan with a Cullis, ſome Eſſence of Ham, and ſome Gravy; let them boil and take off the Fat; let the whole be pretty reliſhing; your young Partridges being done, take them off, and the Slices of Bacon, with the Paper, being taken off, lay them in their Diſh with your Olives over them, and ſerve them hot for the firſt Courſe.

### *Young* Partridges *with* Oyſters.

PICK ſome young Partridges, draw them, but do not cut the Back-ſide Hole of them; mince their Livers, and having got ſome Oyſters, blanch them, and take out the Hard; after which, put them in a Stew-pan, with a Bit of Butter, the minced Livers, ſome Parſley, Chibbol, Salt, Pepper, Sweet Herbs, and All-ſpice; then give it two or three Toſſes, and ſtuff your young Partridges with it, after which, put each Rump into its Hole, and let your Partridges fry a little, and put them on the Spit, wrapped up in Slices of Bacon and Paper; then get ſome more Onions, blanched as the others, put them in a Stew-pan, with half a Spoonful of good Eſſence of Ham, and a little of your Cullis, which having boiled as much as is neceſſary, to ſhorten it at Pleaſure, put the Juice of a Lemon therein. Your young Partridges being done, draw them off, taking

off the Bacon and Paper; after which, lay them in their Diſh with your Ragoo of Oyſters over them, and ſerve them up hot for a firſt Courſe.

### *A* Haſh *of* Partridges.

HAving roaſted your Partridges, cut the Wings and Legs off, and take all the Meat, which you muſt mince well, then take and pound their Carcaſſes, which being well pounded, muſt be put in a Stew-pan, with a little Eſſence of Ham; let them warm a little, and ſtrain them through a Sieve: Then take your minced Partridges, and put them in a Cullis juſt ſtrained, the Quantity you think fit: Being ready to ſerve, keep your Haſh hot, but take Care it doth not boil; put in it ſqueezed Rocamboles, and the Juice of an Orange; after which, ſerve it up for a firſt Courſe.

At another Time, put therein the White of a Fowl, and your Haſh will be ſo much the nicer.

## *P H E A S A N T S.*

### *To roaſt* Pheaſants.

PICK and draw your Pheaſants, blanch and lard them with fine Bacon, ſpit them with Paper round them, to be done before a ſlow Fire. When almoſt done, take the Paper off to let them get a Colour, and diſh them up handſomely.

### *To dreſs* Pheaſants *with* Carp Sauce.

BARD your Pheaſants, roaſt them, and take Care they do not dry. To make the Sauce, lay in the Bottom of a Stew-pan, ſome Veal Slices, as you do when you

you make Gravy; add to this Veal, ſome Slices of a Gammon of Bacon, ſome ſliced Onion, ſome Parſley Roots, and a Bunch of Sweet Herbs. Then gut a Carp, waſh it in one Water only, without ſcaling it, cut it in Pieces, as if you were to ſtew it, and lay them in the ſame Stew-pan; brown this a little over the Stove, as if you would make Gravy of it.; then wet it with good Gravy, pour in a Bottle of Champaign Wine, and add a Clove of Garlick, ſome minced Truffles and Muſhrooms, and ſome ſmall Cruſts of Bread: Boil all this well together, and take Care it be not too ſalt. When it is well boiled, ſtrain it in a Sieve, forcing it through, that the Sauce may be pretty thick; if it be not, put to it ſome Partridge Cullis, and pour it into a Sauce-pan: Before you ſerve, bind your Pheaſants with Packthread, put them into this Sauce, and keep them warm: When you would ſerve, unbind them, lay them in a Diſh and pour the Sauce upon them.

## Pheaſants *with* Oyſters *the* Italian *Way with a* White Sauce.

GET ſome Pheaſants pick them clean and draw them, cut their Livers ſmall, take ſome Oyſters, *viz.* to each Pheaſant half a Dozen will be enough; blanch them, and put them in a Stew-pan with their Livers, and a Lump of Butter, ſome Parſley, green Onions, Pepper, and Salt, Sweet Herbs, fine Spice; put all together a Moment over the Fire, and put it afterwards, into your Pheaſants. Blanch them in a Stew-pan with Oil, green Onions, Parſley, Sweet Baſil, and Lemon Juice: Then put them on the Spit, covered with Slices of Bacon, and Paper tied round; take ſome Oyſters, and blanch them in their own

Liquor; then prick them, take a Stew-pan, put in it four Yolks of Eggs, the half of a Lemon cut into ſmall Dice, a little beaten Pepper, a little ſcraped Nutmeg, a little Parſley cut ſmall, a Rocambole, an Anchovy cut ſmall, a little Oil, a ſmall Glaſs of Champaign, or other White Wine, a Lump of Butter with a little Ham Cullis; then put your Sauce over the Fire and thicken it: Take Care the Sauce does not turn, put in it your Oyſters; ſee that your Sauce be reliſhing. Your Pheaſants being done, draw them off, take off the Bacon, and diſh them up with the Oyſter Ragoo over them, and ſerve them up hot for an Entry.

## Pheaſants *with* Olives.

GET as many Pheaſants as you think will make up your Diſh, pick, ſinge, and draw them clean; but don't cut the lower Part of the Belly, or Vent. Take off the Galls from your Livers, and cut theſe ſmall, with ſome Parſley, green Onions, Champignons, Sweet Herbs, fine Spice, Pepper, Salt, ſcraped Bacon, and a Bit of Butter, and put all this into the Belly of your Pheaſant, and thruſt the Rump into the lower Part of the Belly, or Vent, to prevent your Forced-Meat from coming out; blanch them in a Stew-pan, with Butter, Parſley, green Onions, Salt, Baſilic, all in Branches; put your Pheaſants on the Spit, wrapp'd up in Slices of Bacon, and Paper tied round. Take ſome Olives, take out their Stones, blanch them in hot Water; they being blanched, put them in a Stew-pan, with Cullis, Eſſence of Ham and Gravy; put them a boiling, ſkiming the Fat well off; ſee that all together be reliſhing: Your Pheaſants being roaſted, draw them off, and take off the

the Slices of Bacon; diſh them up, put your Olives over them, and ſerve them hot for an Entry or ſecond Courſe.

## *SNIPES.*

### *To roaſt* Snipes.

DRAW them or not, as you like them; but if they are drawn, then put ſmall Onions into the Bellies of your Snipes; and while they are roaſting put Claret, Vinegar, Salt, Pepper, and Anchovy into the Dripping-pan; to which, when they are roaſted, add a little grated Bread and ſome Butter, ſhaking the whole well together, and ſo ſerve them up. If you do not draw them, then only take out the Guts, mince them very ſmall, and put them into Claret, with a little Salt, Gravy and Butter. Or you may make the Sauce thus: Having boiled ſome Onions, butter them, and ſeaſon them with Pepper and Salt, and put to them the Gravy of any freſh Meat.

### Snipes *in* Surtout.

HAVE a minced Meat ready done, of which you muſt make a Border in a Diſh your Surtout is to be ſerved in. Your Snipes being roaſted, make a Salmi, which put to cool before you put it into the Diſh; after which, cover them with the Remainder of your Stuffing, which you colour with Eggs, and ſtrew over them Crumbs of Bread; put them into the Oven to get a good Colour, and ſerve it up hot.

## Snipes *in* Ragoo.

SLIT them in two, but take out nothing from their Bellies, toſs them up with melted Bacon, ſeaſon them with Salt and Pepper, the Juice of Muſhrooms, and when they are enough ſqueeze in ſome Lemon, and ſerve them.

## Ortelans *roaſted.*

BARD them or let them be plain, putting a Vine-Leaf betwixt them; when they are ſpitted, ſome Crumbs of Bread may be uſed as for Larks; when you roaſt them, let them be ſpitted Side-ways; which is the beſt.

## Ruffs *and* Reifs.

THEY are a *Lincolnſhire* Bird, and you may fatten them as you do Chickens, with white Bread and Milk, and Sugar; they feed faſt, and will die in their Fat if not killed in Time; truſs them croſs legged as you do a Snipe, and ſpit them the ſame Way, but you muſt gut them; put Gravy and Butter and Toaſt under them, and ſerve them quick.

## Curlews *potted.*

HAving truſs'd them croſs legg'd, cut off the Heads, or thruſt them through like a Woodcock; ſeaſon them with Pepper, Salt, and Nutmeg; gut them firſt, then put them in a Pot with two Pounds of Butter; cover them and bake them one Hour, then take them out, and when cool, ſqueeze out all the Liquor and lay them in your Pot, and cover them with clarified Butter.

*Potted*

### *Potted* Wheat-Ears.

THEY are a *Tunbridge* Bird: Pick them very clean, ſeaſon them with Pepper and Salt, put them in a Pot, cover them with Butter, and bake them one Hour; take them and put them in a Colander to drain the Liquor away; then cover them over with clarified Butter, and they will keep.

## *QUAILS.*

### *To roaſt* Quails.

GET Quails, truſs them, ſtuff their Bellies with Beef Sewet and Sweet Herbs chopped well together; ſpit them on a ſmall Spit, and when they grow warm, baſte firſt with Water and Salt, but afterwards with Butter, and drudge them with Flour. For Sauce, diſſolve an Anchovy in Gravy, into which put two or three Shalots ſliced and boiled; add the Juice of two or three *Seville* Oranges and one Lemon; diſh them in this Sauce, and garniſh with Lemon Peel and grated Manchet: Be ſure to ſerve them up hot.

### *A* Fricaſey of Quails.

WE toſs them up in a Sauce-pan with a little melted Bacon, ſome Muſhrooms, Truffles, and Morels, with a Slice of Ham well beaten; let your Seaſoning be Salt, Pepper, Cloves, and a Bunch of ſavoury Herbs. If you have no Cullis, you may put in a little Flour, give it two or three Turns over the Stove, moiſten it with good Gravy, and add a Glaſs of Champaign; then ſet it to ſimmer over a ſlack Fire: When they are almoſt done, thicken

en the Ragoo with a good Cullis, but if you have none, let your Thickening be two or three Eggs well beaten up in a little Gravy or Verjuice.

### *Another Way to dreſs* Quails.

SLIT your Quails along the Back, make a Farce with ſcraped Bacon, a little of the Lean of a Ham, one Truffle, ſome Fowls Livers, and the Yolk of a raw Egg, the whole minced and pounded together, and ſeaſoned with Salt, Pepper, Nutmeg, and ſavoury Herbs; farce your Quails with it, then garniſh the Bottom of a Stew-pan with Slices of Bacon and ſome of Veal over them; then lay in your Quails the Breaſts downwards; cover them with Slices of Veal and Ham, both ſeaſoned, as well thoſe under them, as thoſe upon them, with Salt, Pepper, ſavoury Herbs, and Spices. Lay a Plate over the Meat, ſo as that it may touch it, and a Napkin all round the Plate, then cover the Stew-pan with its own Cover; ſet it over a gentle Fire, and ſtew it very ſoftly two Hours: The Moment before you ſerve, open the Stew-pan, take out the Slices of Veal and Bacon, and ſet your Quails over the Stove to brown them; when they are fine and brown, and the Liquor ſticks to the Stew-pan, take them up, and lay them in the Diſh in which you intend to ſerve them; take out all the Fat that remains in the Stew-pan, moiſten that which ſticks to it with half Broth, half Gravy to looſen it, ſtrew in a little pounded Pepper, ſqueeze in the Juice of a Lemon, ſtrain the whole through a Sieve upon the Quails; ſo ſerve them.

*A* Pupton

## *A* Pupton *of* Quails.

YOU muſt take, according to the Quantity you would make, ſome Veal, Beef Sewet, and Bacon, with a little Parſley and Liver, a little of the Lean of a Ham, and a few Muſhrooms; ſeaſon this with Salt, Pepper, Cloves, Nutmeg, ſavoury Herbs, and a Dozen Coriander Seeds pounded, add to this the Crumb of a *French* Roll ſoaked in Cream, and the Yolks of four or five raw Eggs; haſh the whole together and pound it in a Mortar. Garniſh the Bottom and Sides of a large Sauce-pan with Slices of Bacon, and then farce, rubbing your Hand with beaten Egg to make the Farce lie the ſmoother. Then having made a Ragoo of Quails, lay them into the Sauce-pan, cover them with the ſame Farce, for fear the Sauce of the Ragoo ſhould get out, and rub the Farce over with beaten Egg; lay over ſome Bards of Bacon; then ſet it to bake with Fire under and over it. When it is enough done, turn it upſide down into the Diſh, in which you intend to ſerve it; make a Hole in the Top of it, of the Size of a Crown Piece, pour in ſome Cullis or other, ſo ſerve it up for the firſt Courſe, either with Garniſhing or without.

## *To dreſs* Quails à la Braiſe.

FARCE the Bellies of your Quails with a good Farce made of the Breaſt of a Capon, Beef Marrow, and the Yolks of raw Eggs, ſeaſoned with Salt, Pepper and a little Nutmeg. Stew them in a Stew-pan, having firſt garniſhed the Bottom of it with Slices of Bacon and Beef, both beaten; place your Quails upon them, and put in a Piece of raw Ham, minced and ſeaſoned with Salt,

Pepper, and a Bunch of Savoury Herbs: Lay over them, in like Manner, ſome beaten Slices of Beef and Bacon: Cover your Stew-pan very cloſe, and put Fire over and under. While this is thus ſtewing, make a Ragoo of Veal or Lamb Sweetbreads toſſed up in Butter with Muſhrooms, Truffles, and Cocks Combs; put in the Quails a little before you ſerve, and bind your Ragoo with a good white Cullis, or with the Yolks of Eggs beaten up in Cream: When you would ſerve them brown, moiſten the Ragoo with Gravy, and thicken with a Cullis of a good Ham and Veal, if you have not any Cullis of Partridges. Take the Quails out of the Ragoo, lay them in a Diſh, pour your Ragoo upon them, and ſerve them.

### *A Biſque of* Quails *and other Fowls.*

TRUSS your Quails, and toſs them up in your Stew-pan 'till they are of a fine brown Colour. Then put them in a little Pot with good Broth, Bards of Bacon, a Bunch of Sweet Herbs, ſome Cloves, and other Spices, with a good Slice of Beef well beaten, another of lean Bacon, and two or three of Lemon, and boil all together over a gentle Fire. Garniſh your Biſque with Veal Sweetbreads, Artichoke Bottoms, Muſhrooms, Truffles, Fricando's, and Cocks Combs, with the Finiſh of which laſt make a Rim round your Biſque, and pour a little Veal Cullis upon it.

## *WOODCOCKS.*

### *To dreſs* Woodcocks.

CUT your Woodcocks in four Quarters, and put them in a Sauce-pan, but remember to ſave the Entrails, if they be new, to thicken the Sauce: Put to your Meat, when in the Sauce-pan, ſome Truffles, and Sweetbreads, and toſs it up all together, with ſome melted Bacon, and put to it ſome good Gravy, and ſeaſon it all together with Pepper and a little Onion; pour in a little White Wine, and ſtew it all together; and when you think it is enough, put in the Entrails you ſaved, to thicken the Sauce, if you think them good enough, if not, you may make Uſe of any good Cullis you have by you. Before you put in your Thickening, skim off all the Fat, very clean; lay your Woodcocks in the Diſh; ſqueeze in the Juice of an Orange, and ſerve them for the firſt Courſe.

### *To dreſs* Woodcocks *another way.*

FIRST half roaſt them, then cut them in Pieces, and put them into a Sauce-pan, and put to them ſome Wine, according to what Quantity of Woodcocks you have, with ſome Truffles, Muſhrooms, and Capers, and let them all be minced with a little Anchovy, and ſtew it all together; but be careful you do not let it boil; and when it is done, take off all the Fat, and thicken it with a good Cullis, and wring in the Juice of an Orange, and ſerve it up.

### Larks *Pear Faſhion.*

YOU muſt truſs your Larks cloſe, and cut off the Legs and ſeaſon them with Pepper, Salt, Cloves, and Mace; then make a good Force-Meat with Sweetbreads, Morels, Muſhrooms, Crumbs, Egg, Parſley, Thyme, Pepper and Salt, after which, put in ſome Sewet and make it up ſtiff; then wrap up every Lark in Force-Meat, and make it pointed like a Pear, and ſtick one of the Legs a Top; they muſt be waſhed with the Yolk of an Egg and Crumbs of Bread; bake them gently, and ſerve them without Sauce, or they will ſerve for a Garniſh.

### Larks *in Shells.*

BOIL twelve Hen, or Duck Eggs ſoft; take out all the Inſide, making a handſome Round at the Top; then fill half the Shells with paſſed Crumbs and roaſt your Larks; put one in every Shell, and fill your Plate with paſſed Crumbs brown; ſo ſerve as Eggs in Shells.

### Plovers *Capucine, or* Larks.

GET four Hogs Ears, boil them tender, put a Piece of Force-Meat in the Ears, and likewiſe your Birds with their Heads outwards; ſet them upright, the Tips of the Ears falling backwards; waſh them with Eggs and crumb them, and bake them gently; hath four others with Sauce Robart; ſo ſerve them.

*EGGS.*

## *EGGS.*

### *To make Eggs eat like Muſhrooms.*

GET ſix Eggs, and boil them hard, peel them, and cut them in thin Slices, put a quarter of a Pound of Butter into the Frying-pan, and make it hot; then put in your Eggs, and fry them quick half a quarter of an Hour; throw over them a little Salt, Pepper, and Nutmeg. For Sauce, take half a Pint of White Wine, the Juice of a Lemon, a Shalot ſhred ſmall, a quarter of a Pound of Butter, and ſtir it all together, and lay it on Sippets, and ſerve it.

### Eggs en Crepine.

HAving ſome raw Ham, Veal Sweetbreads, fat Livers, Truffles and Muſhrooms; cut all into Dice, toſs them up in melted Bacon; moiſten the whole with Gravy, ſet it a ſimmering for half an Hour; and then bind it with a Cullis of Veal and Ham. See that your Ragoo be well reliſhed and ſet a cooling. Take ten new laid Eggs, and divide the Whites from the Yolks; whip up the Whites to a Froth, and beat up the Yolks, either in a little Cullis or Cream; ſtrain them through a Sieve, and pour them into your Ragoo, together with the Whites, and mix the whole well together. Then take a flat bottomed Sauce-pan, lay a Veal Caul in the Bottom of it, pour in your Ragoo, fold the Caul down upon it, and bake it in an Oven. When it is enough, turn it upſide-down into a Diſh, and ſerve it hot.

Another

Another time, inſtead of ſerving it dry, you may throw on it a Cullis of Veal and Ham, or a Rogoo of Muſhrooms.

## Eggs à la Tripe.

BOIL them hard, take off the Shells, and cut them in Slices long-ways. Take a Bit of freſh Butter, put it in a Stew-pan, let it melt over a Stove, put in your Eggs, and toſs them up with ſhred Parſley, ſeaſoned with Salt and Pepper: When they are enough, pour in a little Cream, and ſerve them warm in Plates or little Diſhes.

If you would not ſerve them with Cream, you may, while you are toſſing them up in the Sauce-pan, add a little ſhred Onion, and inſtead of the Cream, beat up two Yolks of Eggs, in a little Verjuice or Vinegar and Water, thicken your Eggs with it, and ſerve them as you do the others with Cream.

## Fricaſey *of* Eggs.

YOU muſt take eight Eggs, boil them hard, cut them into Quarters into a Pint of ſtrong Gravy, and half a Pint of White Wine; ſeaſon with Cloves and a Blade of Mace, a little whole Pepper and a little Salt; ſcald a little Spinage to make them look green, with a Pint of large Oyſters to lay round your Diſh; then put the Eggs in the Stew-pan, with a few Muſhrooms and Oyſters, and roll up a Piece of Butter in the Yolk of an Egg and Flour, and ſhake it up thick for Sauce, and you may make Gravy Sauce if you pleaſe. Garniſh with criſp'd Sippets, Lemon and Parſley. A Side-Diſh.

Amulet

## Amulet *of* Eggs.

HAving what Quantity of Eggs you want, beat them well, ſeaſon them with Salt and whole Pepper if you like it; then have your Frying-pan ready with a good deal of freſh Butter, let it be thoroughly hot, then put in your Eggs with four Spoonfuls of ſtrong Gravy; then have ready cut Parſley and Cives, and throw over them, and when it is enough turn it on the other Side, and ſqueeze the Juice of a Lemon, or an Orange over it. Serve it for a Side-Diſh.

## *Stuffed* Eggs.

BOIL a Dozen Eggs hard, peel them, ſplit them in two, and take the Yolks out of them, put them in a Mortar with a Bit of Butter, young Onions, ſhred Parſley, Muſhrooms, and a Piece of Crumb of Bread boiled in Milk; if you have any Fleſh of Fiſh put ſome in it, and ſeaſon it with Salt, Pepper, Sweet Herbs and fine Spices. Pound them all well together, and fill the Whites of your Eggs with it, and ſmooth them by dipping your Knife in Egg. Then take the Diſh you deſign to ſerve them in, put ſome Farce at the Bottom of it, then put your ſtuff'd Whites of Eggs in Order upon it; then bread them, and bake them in an Oven, to give them a Colour. When they are done, put a little Sauce of any thing you think proper, without covering them; and ſerve them hot for a ſecond Courſe.

*HARES.*

## *HARES.*

### *To roaſt a* Hare.

LARD one Side of it and not the other, then ſpit it; whilſt it is roaſting, baſte it with Milk and Cream, ſerve it with thick Claret Sauce.

### *Another Way to roaſt a* Hare.

HAVING got ſome Liver of Hare, ſome fat Bacon, grated Bread, an Anchovy, Shalot, a little Winter Savoury, and a little Nutmeg; beat theſe into a Paſte, and put them into the Belly of the Hare; baſte the Hare with ſtale Beer; put a little Bit of Bacon in the Pan, when it is half roaſted baſte it with Butter. For Sauce, take melted Butter, and a little Bit of Winter Savoury.

### *Another.*

LARD him with Bacon, and make a Pudding of grated Bread, the Heart and Liver parboiled, and chopp'd ſmall, with Beef Sewet and Sweet Herbs, mixed with Marrow, Cream, Nutmeg, Salt, Pepper and Eggs; ſow up his Belly, and roaſt him. When it is done, for Sauce, draw up your Butter with Cream, or Gravy and Claret.

### *Another Way of dreſſing a* Hare.

BASTE it with ſtale Beer, 'till the Blood is waſhed off, then empty the Pan; put into it ſome Cream, a Bit of Anchovy, a Bit of fat Bacon, a little Bit of Onion, and baſte it with this till it is enough: Then take a little Butter,

Butter, ſome of the Liquor out of the Pan, and mix it for Sauce. You may put the Pudding as above, in the Belly of it.

### Hares *jugged.*

CUT it into Pieces, half lard them, and ſeaſon them; then have a Jug of Earth with a large Mouth, put in your Hare with a Faggot of Herbs, and two Onions ſtuck with Cloves, cover it down cloſe, that nothing gets in, and boil it in Water three Hours, then turn it out and ſerve away.

### Hare *Civet.*

YOU muſt bone it and take out all the Sinews, then cut one half in thin Slices, the other half in Pieces an Inch thick; fry them off quick Collop Faſhion, and put in ſome thick Gravy and Muſtard, and Elder Vinegar; ſtove it tender, and thick as Cream, ſo ſerve away with the Head whole in the Middle.

## *RABBITS.*

### Rabbits *Portugueſe.*

YOU muſt truſs them Chicken Faſhion, and lard them; the Head muſt be cut off, and the Rabbit turned with the Back upward, and two of the Legs ſtripp'd to the Claw End, and ſo truſſed with two Skewers; then lard them, or roaſt or boil them with Spinach, Cauliflowers and Bacon, as Chickens.

### *A* Rabbit *with* Onions.

YOU muſt truſs your Rabbits cloſe and waſh them very well, then boil them off white; boil your Onions by themſelves, changing the Water two or three Times; then let them be thoroughly ſtrained, and chop them and butter them very well; put in a Gill of Cream, ſerve your Rabbits, and cover them over with Onions.

### *Young* Rabbits a la Saingara.

LARD your Rabbits, and ſpit them; which being done, fry a little Bacon, put in ſome Flour, mixed together, Slices of Ham, beaten flat, adding a Bunch of Sweet Herbs, and good Gravy, not ſalt. Let it ſtew, and when ready, thicken your Sauce with Cullis, putting in it a little Vinegar. Your Rabbits being roaſted, cut them in four, put over them your aforeſaid Ragoo of Ham, take off the Fat, and ſerve it up hot for a firſt Courſe.

### Rabbits *Surprize.*

ROAST off two or three half grown Rabbits, according to the Bigneſs of your Diſh; cut off the Heads cloſe by the Shoulders, and the firſt Joints of the Hind Legs; then take out all the lean Meat from the Back Bones, and cut it and toſs it up in ſix or ſeven Spoonfuls of Milk or Cream, with the Bigneſs of half an Egg of Butter, grated Nutmeg, Pepper and Salt; thicken it with a little Duſt of Flour, to the Thickneſs of a good Cream, then boil it and ſet it to cool; then take the like Quantity of Forced-Meat, and toſs it up likewiſe, and place it all round each of the Rabbits, leaving a long Trough in the Back

Back open, that you think will hold the Meat you cut out with the Sauce; then cover it with the ſame Forced-Meat, ſmoothed, as well as you can, with your Hand and a raw Egg, ſquare at both Ends, throw on them a little grated Bread; then butter a Mazarine, or Patty-pan, and take them from your Dreſſer, where you formed them, and place them on it. Bake them three Quarters of an Hour, before you ſerve them, 'till they are of a brown Colour: Let your Sauce be Butter, Gravy and Lemon, and your Garniſhing, ſliced Orange and fried Parſley; ſo ſerve it for the firſt Courſe.

## *To boil* Rabbits.

HAving truſs'd them for boiling, lard them with Bacon, then boil them quick and white: For the Sauce, take the boiled Liver, ſhred it with fat Bacon, and toſs theſe up together in ſtrong Broth, with White Wine and Vinegar, Mace, Salt, Nutmeg and Parſley minced, Barberries and drawn Butter; lay your Rabbits in a Diſh, and pour it all over them, and garniſh with ſliced Lemon and Barberries.

## *An* Eſclope *of* Rabbits.

CUT your Rabbits in Quarters, and ſtew them *à la Braiſe*, as you do ſeveral other Things. Then make a Ragoo of Veal Sweetbreads, Fowls Livers, Cocks Combs, Morels, Muſhrooms, and Truffles: Toſs them up all together, in a Sauce-pan, with melted Bacon; moiſten it with Gravy and let it ſimmer half an Hour, then take the Fat clean off and bind it with a Cullis of Veal and Ham: Take up your ſtewed Rabbits, and put them into

your Ragoo, where let them lie 'till they are cold: Raiſe a Pie of thin Paſte, and put your cold Ragoo and Rabbits in it, cover it with a Lid of the ſame Paſte, and turn down the Edges that the Top may be as plain as the Bottom; ſo ſet it into the Oven: When it is baked turn it upſide down into the Diſh, make a Hole in it to ſee if it be dry, and if it be, pour in ſome good Cullis, and ſerve it hot for the firſt Courſe.

We make Eſclopes of all Sorts of Fowls tame and wild, firſt ſtewed *à la Braiſe* with Ragoos, in the ſame Manner as this of Rabbits.

## *SAUCES* for *POULTRY.*

### Sauce *for a* Hare.

GET half a Pint of Claret, and a little Oyſter Liquor, and put to it ſome good Gravy, and a large Onion ſtuck with Cloves, and ſome whole Cinnamon and Nutmeg cut in Slices; then let it boil 'till the Onion is boiled tender; then take out the Onion and whole Spice, and put to it three Anchovies, and a Piece of Butter; ſhake it well together and ſend it to the Table.

### *To make Sauce for* Green Geeſe *or young* Ducks.

GET almoſt half a Pint of the Juice of Sorrel, and a little White Wine, a little grated Nutmeg, and a little grated Bread, let it boil a Quarter of an Hour, and put to it as much Sugar as will ſweeten it; if you pleaſe you may put in a few ſcalded Gooſeberries or Grapes, and a Piece of Butter, ſhake it up thick, and put it to the Geeſe, being roaſted. This Sauce is proper for Chickens.

Sauce

## Sauce *for* Wild Ducks.

TAKE a little Handful of Sage, one large Onion ſhred ſmall, ſeaſon it with a little Salt, and roll them up with Butter into Balls, then put them in the Ducks, and roaſt them; then take half a Pint of Claret, in it diſſolve two Anchovies; then take half as much Butter as Wine, then thicken them with the Yolks of two Eggs, then put your Ducks in your Diſh, and pour your Sauce through them, and pull out your Balls; ſo ſerve them.

## *A good* Sauce *for* Teal, Mallards, Ducks, *&c.*

WE take a Quantity of Veal Gravy, according to the Bigneſs of your Diſh of Wild Fowl, ſeaſoned with Pepper and Salt; ſqueeze in the Juice of two Oranges and a little Claret: This will ſerve all Sorts of Wild Fowl.

## *To make a* Sauce *for* Turkies *or* Capons.

GET half a Pint of White Wine, and a little Gravy, and Oyſter Liquor, and a little grated Nutmeg, and put to it three or four large Onions boiled tender and maſhed ſmall, with a little ſmall Pepper, and two or three Anchovies, minced ſmall, boil it a Quarter of an Hour, with a little grated White Bread, and put to it a Piece of Butter, and then put in the Fowls, being roaſted.

## Sauces *for roaſt* Pigeons *or* Doves.

1. GRAVY and Juice of Orange.

2. Boiled Parſley minced and put amongſt ſome Butter and Vinegar beaten up thick.

3. Gravy,

3. Gravy, Claret, and an Onion ſtewed together with a little Salt.

4. Vine Leaves roaſted with the Pigeons, minced and put in Claret and Salt, boiled together, ſome Butter and Gravy.

5. Sweet Butter and Juice of Orange, beat together and, made thick.

6. Minced Onions boiled in Claret almoſt dry; then put to it Nutmeg, Sugar, Gravy of the Fowl, and a little Pepper.

7. Or Gravy of the Pigeons only.

Sauces *for all Manner of roaſt* Land Fowl, *as*, Turky, Buſtard, Peacock, Pheaſant, Partridge. *&c.*

1. SLICED Onions being boiled, ſtew them in ſome Water, Salt, Pepper, ſome grated Bread, and the Gravy of the Fowl.

2. Take Slices of White Bread, and boil them in fair Water with two whole Onions, ſome Gravy, half a grated Nutmeg, and a little Salt; ſtrain them together through a Strainer, and boil it up as thick as Water-Gruel; then add to it the Yolks of two Eggs, diſſolved with the Juice of two Oranges.

3. Take thin Slices of Manchet, Gravy of the Fowl, ſome Sweet Butter, grated Nutmeg, Pepper, and Salt, ſtew all together, and being ſtewed, put in a Lemon ſliced with the Peel.

4. Onions ſliced and boiled in fair Water, and a little Salt, a few Bread Crumbs, beaten Pepper, Nutmeg, three Spoonfuls of White Wine, and ſome Lemon Peel finely minced and boiled all together; being almoſt boiled, put in

in the Juice of an Orange, beaten Butter, and the Gravy of the Fowl.

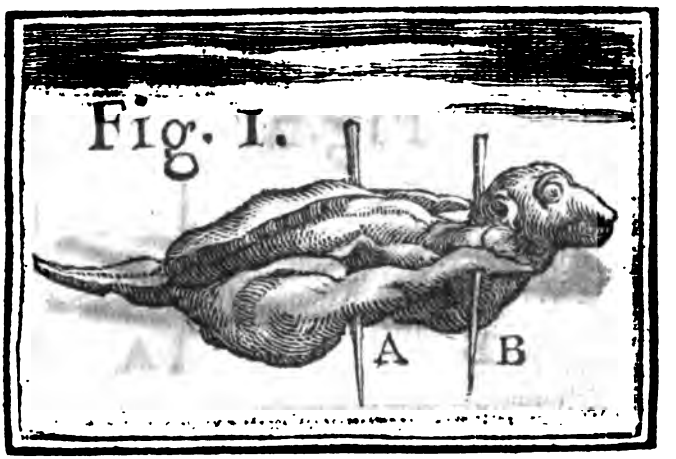
5. Stamp Small Nuts to a Paſte, with Bread, Pepper, Saffron, Cloves, Juice of an Orange, and ſtrong Broth, ſtrain and boil them together very thick.

6. Quince, Prunes, Currants, and Raiſins boiled, muskified Bisket ſtamped and ſtrained with White Wine, Roſe Vinegar, Nutmeg, Cinnamon, Cloves, Juice of Oranges and Sugar; boil it not too thick.

7. Take a Manchet, pare off the Cruſt and ſlice it, then boil it in fair Water, and being boiled ſomewhat thick, put in ſome White Wine, Wine Vinegar, Roſe or Elder Vinegar, Sugar and Butter.

8. Almond Paſte, and Crumbs of Manchet, ſtamp them together with ſome Sugar, Ginger and Salt, ſtrain them with Grape, Verjuice, and Juice of Oranges; boil it pretty thick.

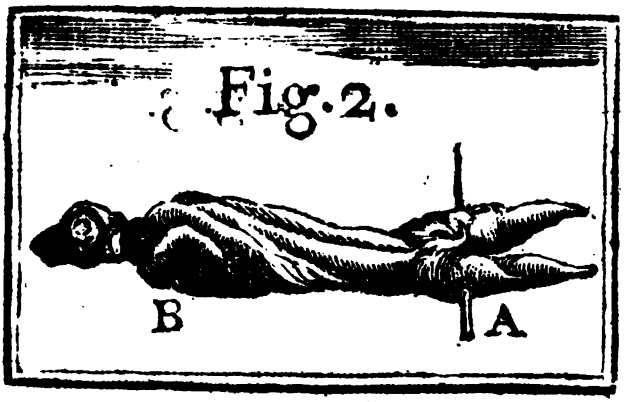
## *The Manner of truſſing a* Rabbit *for Boiling.*




CUT the two Haunches of the Rabbit cloſe to the Back Bone, two Inches, and turn up the Haunches, by the Side of the Rabbit, skewer the Haunches through the Middle Part of the Back as at A, then put a Skewer through the utmoſt Joints of the Legs, the Shoulder Blades, and Neck, as at B, truſſing the Shoulders high and bending the Neck backwards that the Skewer may paſs through the whole.

*The*

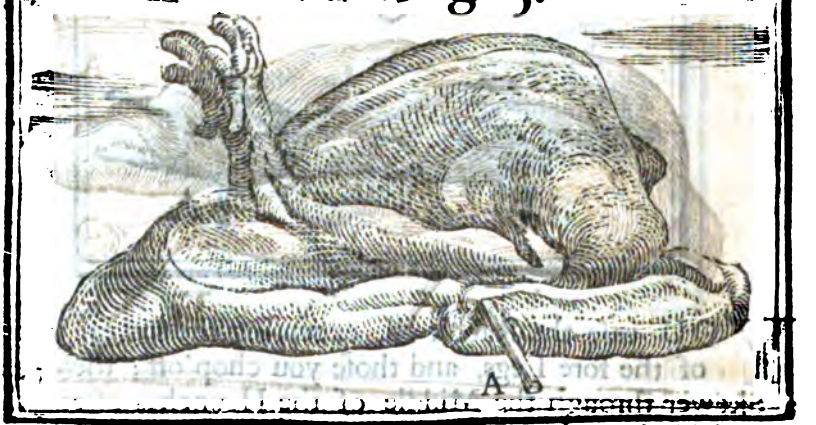
*The Manner of truſſing a* Rabbit *for Roaſting.*




YOU caſe the Rabbit all, excepting the lower Joints of the fore Legs, and thoſe you chop off; then paſs a Skewer through the Middle of the Haunches after you have laid them flat, as at A and the fore Legs which are called the Wings muſt be turned as at B ſo that the ſmaller Joint may be puſh'd into the Body, through the Ribs. This, as a ſingle Rabbit, has the Spit paſs'd through the Body and Head, but the Skewer takes hold of the Spit to preſerve the Haunches. But to truſs a Couple of Rabbits, there are ſeven Skewers, and then the Spit paſſes only between the Skewers, without touching the Rabbits.

## *Of truſſing a* Pigeon.

Fig. 3.

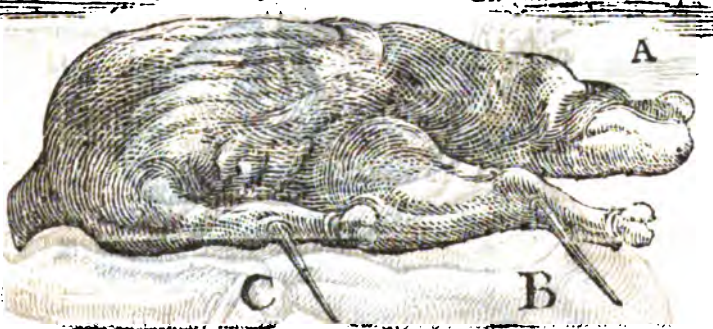



DRAW it, but leave in the Liver, for that has no Gall; then puſh up the Breaſt from the Vent, and holding up the Legs, put a Skewer juſt between the Bent of the Thigh and the Brown of the Leg, firſt having turned the Pinions under the Back; and ſee the lower Joint of the biggeſt Pinions, are ſo paſs'd with the Skewer, that the Legs are between them and the Body, as at A.

*A* Gooſe

## *A* Gooſe *to truſs.*

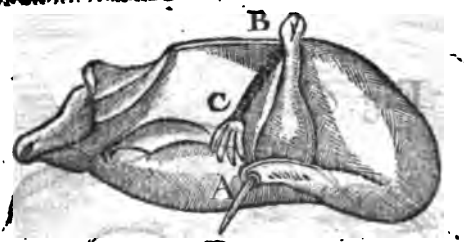
Fig. 4.




A Gooſe has no more than the thick Joints of the Legs and Wings left to the Body; the Feet and the Pinions being cut off, to accompany the other Giblets, which conſiſt of the Head and Neck, with the Liver and Gizzard. Then at the Bottom of the Apron of the Gooſe A, cut an Hole, and draw the Rump through it; then paſs a Skewer through the ſmall Part of the Leg, through the Body, near the Back, as at B; and another Skewer through the thinneſt Part of the Wings, and through the Body, near the Back, as at C, and it will be right.

## *The truſſing of an* Eaſterling.

FIG. 5

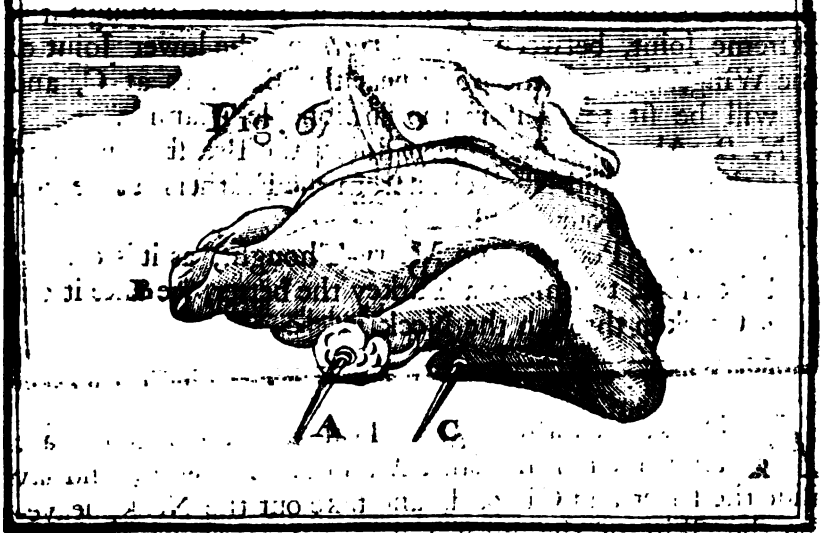



A Duck, an Eaſterling, a Teal, and a Widgeon, are all truſſed in the ſame Manner. Draw it, and lay aſide the Liver and Gizzard, and take out the Neck, leaving the Skin of the Neck full enough to ſpread over the Place where the Neck was cut off. Then cut off the Pinions at A, and raiſe up the whole Legs, till they are upright in the Middle of the Fowl B, and preſs them between the Stump of the Wings and the Body of the Fowl, twiſt the Feet towards the Body, and bring them forwards with the Bottom of the Feet towards the Body of the Fowl, as at C; Then take a Skewer, and paſs it through the Fowl, between the lower Joint, next the Foot and the Thigh

Thigh, taking hold, at the ſame Time, of the Ends of the Stumps of the Wings A: Then will the Legs, as we have placed them, ſtand upright. D is the Point of the Skewer.

*The Manner of truſſing a* Chicken *like a* Turkey Poult, *of truſſing a* Turkey Poult.

FIG. I.




HAving a Chicken, cut a long Slit down the Neck, on the Fore Part; then take out the Crop and the Merry-Thought, as it is called; then twiſt the Neck and bring it down under the Back, till the Head is placed on the Side of the the left Leg; bind the Legs in, with their Claws on, and turn them upon the Back. Then between the Bending of the Leg and the Thigh, on the right Side, paſs a Skewer through the Body of the Fowl; and when it

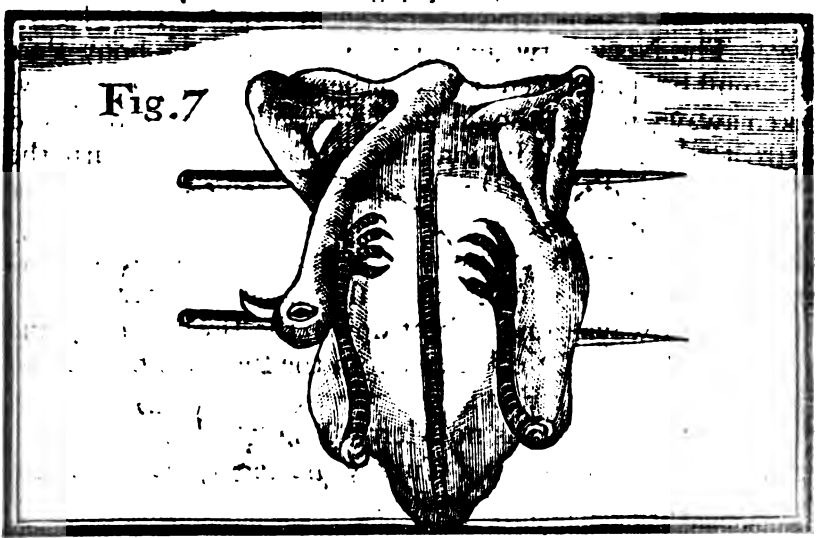
is

is through, run the Point through the Head, by the ſame Place of the Leg, as you did before, as at A c. You muſt likewiſe pull the Rump B through the Apron of the Fowl. *Note*, The Neck is twiſted like a Cord, and the bony Part of it muſt be quite taken out, and the Under-Jaw of the Fowl taken away; neither ſhould the Liver and Gizzard be ſerved with it, though the Pinions are left on. Then turn the Pinions behind the Back, and paſs a Skewer through the extreme Joint, between the Pinion and the lower Joint of the Wing, through the Body near the Back, as at C, and it will be fit to roaſt in the faſhionable Manner.

*N. B.* Always mind to beat down the Breaſt Bone, and pick the Head and Neck clean from the Feathers before you begin to truſs your Fowl.

A Turkey Poult has no Merry-Thought, as it is called; and therefore, to imitate a Turkey the better, we take it out of a Chicken through the Neck.

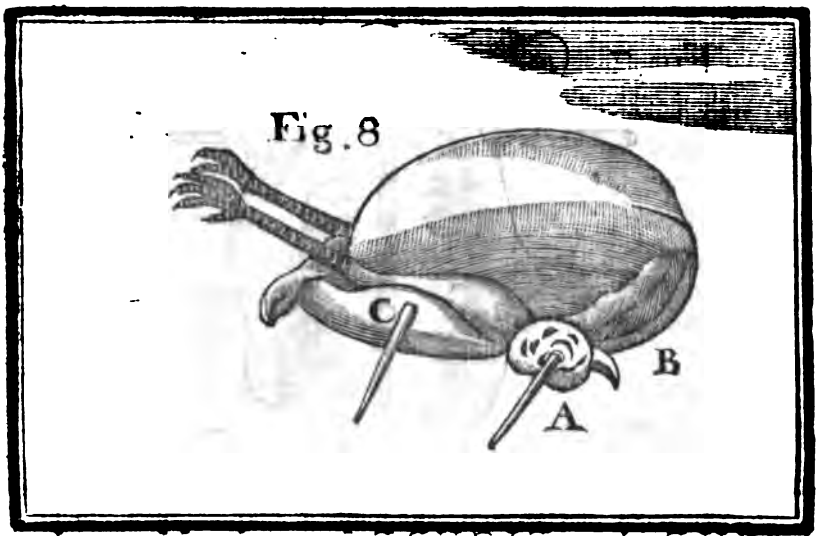
THE




THE above FIGURE ſhews the Manner how the Legs and Pinions will appear when they are turned to the Back; as alſo, the Poſition of the Head and Neck of the Chicken or Turkey Poult.

To

## *To truſs a* Pheaſant *or* Partridge.




BOTH the Pheaſant and the Partridge are truſſed the ſame Way, only the Neck of the Partridge is cut off, and the Head of the Pheaſant is left on: The Plate above ſhews the Pheaſant truſſed. When it is drawn, cut off the Pinnions, leaving only the Stump Bone next the Breaſt, and paſs a Skewer through its Point, and through the Body near the Back, and then give the Neck a Turn; and paſſing it by the Back, bring the Head on the Outſide of the other Wing Bone, as at A, and run the Skewer thro' both, with the Head ſtanding towards the Neck, or the Rump, which you pleaſe: B is where the Neck runs. Then take the Legs, with their Claws on, and preſs them by

by the Joints together, ſo as to preſs the lower Part of the Breaſt, then preſs them down between the Sideſmen, and paſs a Skewer through all, as at C. Remember a Partridge muſt have its Neck cut off, or elſe in every thing is truſſed like a Pheaſant.

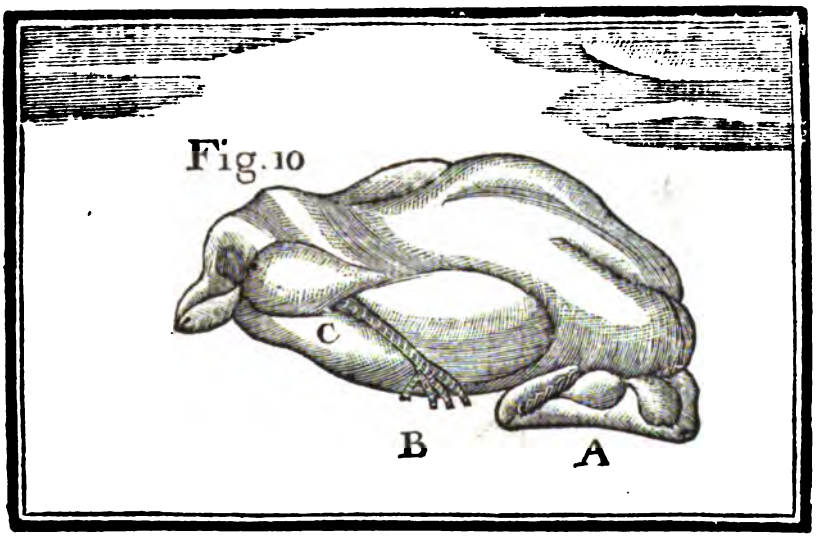
*The Manner of truſſing an Hare in the moſt faſhionable Way.*

CASE an Hare, and in caſing it, juſt when you come to the Ears, paſs a Skewer juſt between the Skin and the Head, and by Degrees raiſe it up 'till the Skin leaves both the Ears ſtripp'd, and then take off the reſt as uſual. Then give the Head a Tiwſt over the Back, that it may ſtand, as at A, putting two Skewers in the Ears, partly

to make them ſtand upright, and to ſécure the Head in a right Diſpoſition; then puſh the Joint of the Shoulder Blade, up as high as may be, towards the Back, and paſs a Skewer between the Joints, as at B, through the Bottom Jaw of the Hare, which will keep it ſteady; then paſs another Skewer through the lower Branch of the Leg at C, through the Ribs, paſſing cloſe by the Blade Bone, to keep that up tight, and another through the Point of the ſame Branch, as at D, which finiſhes the upper Part. Then bend in both Legs between the Haunches, ſo that their Points meet under the Scut, and skewer them faſt, with two Skewers, as at O O.

*A* Fowl

## *A* Fowl *truſſed for boiling.*




YOU muſt, when it is drawn, twiſt the Wings 'till you bring the Pinion under the Back; and you may, if you will, encloſe the Liver and Gizzard, one in each Wing, as at A, but they are commonly left out. Then beat down the Breaſt Bone, that it does not riſe above the fleſhy Part; then cut off the Claws of the Feet, and twiſt the Legs, and bring them on the Outſide of the Thigh, towards the Wing, as at B, and cut an Hole on each Side the Apron, juſt above the Sideſman, and put the Joints of the Legs into the Body of the Fowl, as at C: So this is truſſed without a Skewer.

# CHAP. XX.

## Of *RAGOOS.*

### *To ragoo a* Breaſt *of* Veal.

HALF roaſt it, then put it into the Stew-pan, over a a Stove with Gravy, 'till it is enough, toſs it up with Balls, Muſhrooms, Truffles, Morels, Oyſters, *&c.* firſt ſtuffing it all up the Briſcuit with Forced-Meat.

### *Another Way to ragoo a* Breaſt *of* Veal.

BONE it, and cut out a handſome ſquare Piece, then cut the other Parts into ſmall Pieces, brown it in Butter; then ſtew and toſs them up in a Pint of Gravy, ſtrong Broth, a little Claret and White Wine, an Onion, and two or three Anchovies, Cocks Combs, Lamb's Stones, and Sweetbreads, blanched and ſliced with Balls, Oyſters, Truffles, Morels, and Muſhrooms, a little Pepper, Salt, Mace, Nutmeg, and Lemon Juice; thicken it with Butter; put the Ragoo in the Diſh, and lay on the ſquare Piece, diced Lemon, Sweetbreads, Sippets, and Bacon fried in the Batter of Eggs; garniſh with ſliced Orange, and ſerve it.

### *Another Way.*

YOU muſt take a Breaſt of Veal, cut off all the Neck and Flap, then ſtuff it with Forced-Meat, and lay it to roaſt half an Hour; then take ſome ſtrong Gravy, and a Stew-

a Stew-pan big enough for the Veal, and burn ſome Butter in it 'till it is brown; then ſhake in Flour to thicken your Butter, and put in the Gravy, and let it boil; put in ſome Anchovies; ſtuff a large Onion with Cloves, and put it in; ſeaſon it to your Taſte with Pepper, Salt, and Nutmeg, and put in your Veal; let it ſtew 'till enough; make your Forced-Meat of Veal, Bacon, Beef Sewet, ſeaſoned with Pepper, Salt Anchovy, Thyme and Parſley; put in two or three Eggs, and thicken it with White Bread Crumbs: Make your Forced-Meat before you roaſt your Veal, and ſtuff all the Way up the Briſcuit. Fry Balls for your Sauce, and take out the Onion and add Lemon.

## *A* Ragoo *of* Lamb's Stones *and* Sweetbreads.

WASH your Lamb's Stones and Sweetbreads well, and blanch them in boiling Water, then put them in cold Water, when you take them out, lay them on a Linnen-Cloth, dry them well, put them in a Sauce-pan with a little melted Bacon, and a Bunch of Herbs; ſeaſon them with Salt and Pepper; add to them ſome ſmall Muſhrooms, and ſliced Truffles. Having toſſed up all theſe over a Stove, moiſten it with Gravy, and make it ſimmer over a gentle Fire: When they are done enough, take off all the Fat, and bind the Ragoo with a Cullis of Veal and Ham.

## *A mix'd* Ragoo *of* Cocks Combs, Cocks Kidneys, *and* fat Livers.

PUT in a Stew-pan a Bit of Butter, a Bunch of Sweet Herbs, ſome Muſhrooms and Truffles; put it, for a Minute, over the Fire, flour it a little, moiſten it with half

half a Spoonful of Broth, ſeaſon it with Salt and Pepper; let it boil a little, then put ſome Cocks Combs, Cocks Kidnies, fat Livers and Sweetbreads; let your Ragoo be palatable, thicken it with Eggs; ſerve it up hot for a dainty Diſh.

### *A* Ragoo *of* Melts *of* Fiſh en graſs.

BLANCH the Melts of your Fiſh in boiling Water, then take them out, and throw them into cold: Toſs up in a Sauce-pan, with a little melted Bacon, ſome ſmall Muſhrooms, ſome Truffles cut in Slices, and a Bunch of Herbs; ſeaſon the whole with Pepper and Salt, moiſten it with Veal Gravy, and ſet it to ſimmer as uſual. When they are done enough, take the Fat clean off, bind your Ragoo with a Cullis of Veal and Ham; then put in your Melts and Carps, and make them ſimmer over a gentle Fire. See that it be well taſted.

### *A* Ragoo *of* Melts *and* Fiſh en Maigre.

WHEN they are blanched and thrown into cold Water, as in the Receipt above, put ſome Butter into a Sauce-pan with a very little Flour and brown it; put into your Brown ſome ſmall Muſhrooms and ſliced Truffles, and toſs them up over a Stove; then moiſten them with good Fiſh Broth, ſeaſoned with Pepper, Salt, a Faggot of Herbs, and let them ſimmer over a gentle Fire. This done, take off the Fat, and put in the Melts to ſimmer as above; when they are enough, bind your Ragoo with a Crawfiſh, or other maigre Cullis.

*A* Ragoo

## *A* Ragoo *of* Muſcles.

WASH your Muſcles, then ſcrape them, blanch them in freſh Butter, ſeaſon them with Salt, Pepper, Parſley, Chibbol, Raſpings of Bread, and a Daſh of Vinegar. When your Muſcles are done enough, ſerve them up hot.

## *A* Ragoo *of* Muſcles *with a white Sauce.*

GET your Muſcles out of their Shells, blanch them in freſh Butter, with Parſley and Sweet Herbs cut ſmall; then ſeaſon them with Salt, Pepper, and Nutmeg; and when their Liquor is boiled ſhort, thicken it with Eggs and Lemon Juice, and ſerve up this Ragoo with Scate, or for a dainty Diſh.

A Ragoo of Muſcles with a brown Sauce is made after the ſame Manner, your Muſcles being blanched and moiſtened with Gravy.

## *A* Ragoo *with* Palates *of* Beef.

BOIL your Beef Palates, then take the Skin off, and clean them well; cut them in fine Slices, and put them into a Stew-pan with melted Bacon, a Bunch of Sweet Herbs, and ſome Muſhrooms; ſeaſon them with Salt and Pepper, moiſten them with Gravy, and let them ſtew over a ſlow Fire; being done enough, thicken this Ragoo with a Cullis of Veal and Ham, or a Cullis of Partridges, which ſhould be palatable and high reliſhed.

*A* Ragoo

### *A* Ragoo *with* Beef Palates *the* Italian Way.

LET your Palates be ordered and cleaned as before; then cut them in ſmall Slices like Dice, and put them in the Stew-pan with half a Glaſs of Oil, as much of White Wine, a Spoonful of Cullis, and a Bunch of Sweet Herbs. Let it ſtew ſlowly, and when ready taſte it, let it be reliſhing, take off the Fat, and diſh and ſerve up for a ſecond Courſe.

### *A* Ragoo *of* Oyſters.

OPEN your Oyſters, put them in a Stew-pan with their Liquor, blanch them, then take them out one after another, cleanſe them well and put them in a Diſh. Blanch ſome Muſhrooms and Truffles in Butter, moiſten them with Gravy, thicken the Sauce with a Cullis of Veal and Ham; then put in your Oyſters, warm them without boiling; let your Ragoo be palatable, and ſerve it up hot.

### *Another* Ragoo *of* Oyſters.

OPEN your Oyſters and blanch them in their own Liquor, without boiling them; then take them out, cleanſe them, and put them in a Diſh. Blanch ſome Muſhrooms, with freſh Butter, moiſten them with Cullis, and warm your Oyſters in it. The Ragoo being reliſhing diſh it up.

*Another*

### *Another* Ragoo *of* Oyſters.

YOUR Oyſters being opened, drain them over a Sieve, put a Diſh under to receive their Liquor. Melt ſome freſh Butter in a Stew-pan, put in it a Duſt of Flour, keep it ſtirring 'till it is brown; moiſten it with a little Gravy, put in ſome ſmall Cruſts of Bread; toſs it up, ſeaſon it with Pepper, Parſley and Cives. Your Ragoo being high reliſhed, ſerve it up for a dainty Diſh.

### *To ragoo a Piece of* Beef.

GET the hinder Part of a Buttock of Beef, and lard it with thick Lardoons: Afterwards having put it into a Pot, with two Pounds of good Lard, ſome broad thin Slices of Bacon, and the neceſſary Seaſoning, let it ſoak gently between two Fires, about twelve Hours. At laſt, you may put in a little Brandy, and garniſh with Pickles.

### *A* Loin *of* Veal *ragoo'd.*

FIRST lard your Loin of Veal, ſeaſon it with Salt, Pepper, and Nutmeg; and when it is almoſt roaſted enough, put it into a Stew-pan, covered, with the Dripping, ſome Broth, a Glaſs of White Wine, a Faggot of fine Herbs, fried Flour, and a Piece of green Lemon: Let it be ſerved up with ſhort Sauce, after having taking off the Fat; and garniſh with larded Veal Sweetbreads, Cutlets, or what elſe you think fit.

### *A* Ragoo *of* Cocks Combs.

PICK and clean them well, put them into a Sauce-pan with a little melted Bacon, ſome Muſhrooms and Truffles cut in Slices, and a Bunch of Herbs: Seaſon all

this with Salt and Pepper, and having toſſed it up over a Stove moiſten it with good Gravy, and ſet it to ſimmer over a ſlack Fire; when it is enough, take off all the Fat, thicken it with a Cullis of Veal and Ham; ſo ſerve it in Plates or little Diſhes.

This Ragoo ſerves likewiſe to garniſh all Diſhes of the firſt Courſe that are ſtewed *à la Braiſe*.

## *A* Ragoo *with the Heads of* Aſparagus.

CUT the Heads of ſome Aſparagus and whiten them. When they are blanched enough, put them in a Stew-pan with ſome Cullis and a little Eſſence of Ham, and let the whole ſtew over a ſlow Fire. When it is ſtewed enough, throw therein a Bit of Butter no bigger than a Nut, dipped in ſome fine Flour, and ſtir your Ragoo now and then. Take Care that it be reliſhing, pour in a little Vinegar, and ſerve it hot. You may make uſe of this Ragoo for all Sorts of Fowls or other Meat.

## *A* White Ragoo *of* Aſparagus.

CUT and blanch ſome Aſparagus as before, put them in a Stew-pan, with a Bit of Butter, fry them a little, powder them with a Spoonful of fine Flour, moiſten them with Broth, ſeaſon them with Salt and Pepper, and let them be ſtewed. Make a Thickening with ſeveral Yolks of Eggs, diluted with ſome Broth, and put therein a little Nutmeg. Your Aſparagus being reliſhing, thicken them with the ſaid Yolks, and make uſe of this Ragoo to put under ſome larded Collops, or other Sorts of Meat.

*A* Ragoo

## *A* Ragoo *of* Endive.

TAKE ſome of the beſt white Endive, pick them, and blanch them in boiling Water. After which, put them in cold Water, then ſqueeze them well, and put them on a Table to be minced a little. This being done, put your Endive in a Stew-pan, moiſten them with a clear Cullis of Veal and Ham; and let the whole be ſtewed on a ſlow Fire. When this is ſtewed and grown reliſhing, make uſe of it for every Sort of Diſh with Endive; but if this Ragoo is not thought thick enough, put in a little Eſſence of Ham, or a little Cullis therein, before you ſerve it.

## *Another* Ragoo *of* Endive.

THE Endive muſt be prepared as that before, with the following Difference only, that is to ſay, When it is minced you muſt fry it, with a good Bit of Butter, then moiſten it with Broth inſtead of Cullis; and when it is reliſhing, thicken it with a Thickening of Yolks of Eggs and Cream. You may make uſe of this Endive with all Sorts of larded Collops, Veal Cutlets, and Fillets of any Meat.

## CHAP. XXI.

## Of FRICASEYS.

### Fricasey *of* Chickens.

AFTER you have drawn and washed your Chickens, half boil them, then take them up and cut them in Pieces, and put them in a Frying-pan, and fry them in Butter; then take them out of the Pan and clean it, and put in some strong Broth, some White Wine, some grated Nutmeg, a little Pepper and Salt, and a Bunch of Sweet Herbs, and a Shalot or two; let these, with two or three Anchovies, stew on a slow Fire and boil up; then beat it up with Butter and Eggs, 'till it is thick; and put your Chickens in, and toss them well together; lay Sippets in the Dish, and serve it up with sliced Lemon and fried Parsley.

### *Another* Fricasey *of* Chickens *or* Rabbits.

GET Rabbits or Chickens; but if Chickens, you must skin them, cut them into small Pieces, and beat them flat, and lard them with Bacon; season it with Salt, Pepper, and Mace; drudge it with Flour, and fry it in sweet Butter, to a good Colour; then get the Quantity of good Gravy as your Fricasey requires, with Oysters and Mushrooms, two or three Anchovies, and some Shalot, a Bunch of Sweet Herbs, and if you like it, a Glass of Claret; season it high, and before you put in your Meat, simmer it well together, 'till the Goodness of the Herbs is

is out; then take out the Herbs, and Anchovy Bones, and cut a Lemon in Dice, and put in with your Chickens or Rabbits, and let it ſtew gently 'till it be tender; but be ſure to keep it ſtirring all the while it is over the Fire, and make it as thick as Cream, and ſerve it up with Force-Meat Balls, criſp'd Bacon, and fried Oyſters, and garniſh it as you like.

## *A* White Fricaſey.

HALF roaſt or parboil your Chickens, then skin them, and cut them in Pieces, and ſtew them in ſtrong Broth, with ſome Pepper, and a Blade of Mace, with a little Salt, two Anchovies and a ſmall Onion; let it ſtew 'till it is tender, then take out your Onion, and put in a Quarter of a Pint of Cream, a Piece of Butter, work'd up in Flour, and the Yolks of two Eggs well beaten, and ſtir it over the Fire 'till it is as thick as Cream, and wring in the Juice of a Lemon, and be careful it don't curdle; ſerve it up on Sippets, and put over it ſome Muſhrooms and Oyſters.

## *To make a* Fricaſey *of* Ox Palates.

HAving Ox Palates, after they are boiled very tender, blanch and pare them clean, ſeaſon them with fine beaten Cloves, Nutmeg, Pepper, Salt, and grated Bread: Then fry your Palates in Butter 'till they are brown on both Sides, take them out, and put them into a Diſh, adding thereto ſome Mutton Gravy, in which two or three Anchovies are diſſolved; grate in your Sauce a little Nutmeg, ſqueeze in the Juice of a Lemon, and ſend them to the Table.

*Another*

*Another* Fricaſey *of* Chickens.

HAving three Chickens, about ſix Months old, flea them, and cut them in Pieces, put them into your Stew-pan, with as much Gravy and Water, as juſt to cover them, put in two Anchovies, well waſhed, ſome whole Pepper, Salt, and a Blade of Mace, a ſmall Onion, and a few Cloves; ſet them to ſtew gently over a ſlow clear Fire, and when they are near enough, take them from the Liquor, and fry them in Vinegar, but a very little; ſtrain the Liquor, and take as much of it as you will want for Sauce; put to it a little Parſley, Thyme and Sorrel boiled green, and ſhred fine; half a Pint of ſweet Cream, two Yolks of Eggs well beaten, ſome grated Nutmeg; ſhake them all over the Fire, 'till it is thick; add to it half a Pound of Butter, and ſhake it 'till it is melted, and then ſerve it up.

*A* Fricaſey *made for an* Inſtalment Dinner *at* Windſor.

HAving ſix ſquab Pigeons, and ſix ſmall Chickens, ſcald them, and truſs them and ſet them by, and then have ſome Lamb's Stones, blanched, parboiled, and ſliced, and fry ſome Sweetbreads floured; have alſo ſome Aſparagus Tops, the Yolks of two Eggs; ſome *Piſtacho* Nut Shells, the Marrow of ſix Marrow Bones; let half the Marrow be fried in white Butter; let it be kept warm 'till Dinner Time; then take your Stew-pan and fry the Fowls and Pigeons with ſweet Butter, when fried, pour out the Butter, and put to them ſome Gravy, large fried Oyſters, and a little Salt, and put in the hard Yolks of Eggs, the reſt of the Sweetbreads not fried, the *Piſtacho* Nuts,

Nuts, Aſparagus and Marrow; then ſtew them well, and put in a little grated Nutmeg, a little Pepper, and a little Shalot, and three or four Spoonfuls of White Wine; then have the Yolks of ten Eggs diſſolved in a Diſh, with ſome White Wine Vinegar, and a little beaten Mace, and put it to the Fricaſey, and cut ſome White Bread in Sippets, and lay at the Bottom of the Diſh, ſet on Charcoal, with ſome Gravy; then give the Fricaſey two or three Toſſes up, and pour it on the Sippets. Garniſh your Diſh with fried Sweetbreads, Marrow, Oyſters, and ſliced Almonds, and ſerve it up.

## Fricaſey *of* Pigeons.

YOU muſt take eight Pigeons new killed, cut them into ſmall Pieces, and put them into a Frying-pan with a Pint of Claret, and a Pint of Water; ſeaſon your Pigeons with Salt, and Pepper; then take a little Sweet Marjoram, Thyme, a few Cives, or an Onion; ſhred the Herbs very ſmall, and put them into the Frying-pan with the Pigeons, with a good Piece of Butter; ſo let them boil gently, 'till there be no more Liquor left than will ſerve for the Sauce; then beat four Yolks of Eggs, with a Spoonful and half of Vinegar, and half a Nutmeg grated; when it is enough, put the Meat on the one Side of the Pan, and the Liquor on the other. Then put the Eggs into the Liquor on the Fire, and ſtir it 'till it is the Thickneſs of Cream, then put the Meat into the Diſh, and pour over the Sauce, lay criſp'd Bacon and Oyſters over it, and garniſh with raſp'd Lemon; ſo ſerve it.

Fricaſey

## Fricaſey *of* Muſhrooms.

GET the largeſt and biggeſt Muſhrooms you can get, and ſome ſmall ones amongſt them; cut the largeſt into four Pieces, peel them and throw them into Salt and Water, let them lie in the Water and Salt half an Hour; then take them out and put them into a Bell-Metal or ſilver Skillet, and ſtew them in their own Liquor, with a little Cream to make them look white, and cut hard; leſs than half an Hour will ſtew them; then ſtrain them out into a Sieve, and take a Quarter of a Pint of that Liquor they were ſtewed in, with as much White Wine and ſtrong Gravy, boil all theſe together with a little whole white Pepper, Mace and Nutmeg, two Anchovies, one Sprig of Thyme, a Shalot or two; ſeaſon it very high to your Taſte, with theſe Things: When it has boiled well together, ſtrain out the Spice, Anchovy Bones and Shalot, and put it into your Stew-pan again with the Muſhrooms to it, and have ready the Yolks of three Eggs, with the Quantity of as much Butter as an Egg rolled up in Flour, and beat it well with a Spoonful of Cream, and ſo ſhake it up together, the Muſhrooms and all very thick, ſo that it may hang about the Fricaſey; and ſcald a little Spinage and ſhake over it; ſo ſerve it.

## Fricaſey *of* Tripe.

GET a double Tripe, cut ſome of the fat Part in Slices, and dip them in Eggs or a Batter, and fry them to lay round your Diſh; and the other Part cut, ſome in long Slips, and ſome in Dice, and toſs them up with Mint, Onion, chopp'd Parſley, melted Butter, Yolks of

of Eggs and a little Vinegar; ſeaſon with Pepper and Salt, and ſo ſerve away.

Another Way. You may broil ſome, and ſome you may boil with Salt, Onion and Roſemary, and ſend it up in the Liquor in which it is boiled.

### *To fricaſey* Quails.

TOSS them up in a Sauce-pan, with a little melted Butter, ſome Muſhrooms and Truffles, with a Slice of Ham well beaten; ſeaſon them with Salt, Pepper, Cloves and a Faggot of ſavoury Herbs; put in a little Flour; give it two or three Turns over the Stove, and moiſten it with Gravy; add a Glaſs of Champaign Wine, and let it ſimmer over a gentle clear Fire; when almoſt done, thicken the Ragoo with two or three Eggs, beat up in Gravy or Verjuice, and ſerve them.

### *A* Fricaſey *of* Pigeons *in* Blood.

YOU muſt take very ſmall Pigeons, bleed them, and keep the Blood, put into it the Juice of a Lemon, to hinder it from turning, theſe Pigeons muſt be ſcalded and gutted; cut them in halves, and put them in a Stew-pan with a little melted Bacon; ſeaſon them with Pepper, Salt, a Bunch of Sweet Herbs, Champignons, Truffles, Cocks Combs, and Sweetbreads of Veal or Lamb, put all together over the Fire; ſtrew it with a Duſt of Flour, moiſten it with Gravy, and let it ſtew ſoftly with a ſlow Fire; it being done, ſkim off the Fat, and thicken it with Veal Cullis; ſtrain off your Blood in a Sieve, beat it up with Yolks of Eggs, and a little Parſley cut ſmall; and when you are ready to ſerve up, put the Blood in your Fricaſey,

and put it over the Fire, keeping it always ſtirring; take Care to keep it from boiling, and let your Fricaſey have a good Taſte: Diſh it up handſomely, and ſerve it up hot for an Entry, or *Hors d'Oeuvre*: You may ſerve them up whole or in halves, that depends on the Fancy of the Cook.

## *To make a Fricaſey of Sheeps Trotters.*

HSLT the Bones of your Trotters, and pick them very clean; then put them in a Frying-pan with a Ladle full of ſtrong Broth, a Piece of Butter, and a little Salt; after they have fried a while, add a little Parſley, green Chibbols, a little young Spear Mint and Thyme, all ſhred very ſmall, and a little beaten Pepper: When you think they are fried almoſt enough, have a Lear made for them with the Yolks of two or three Eggs, ſome Mutton Gravy, a little Nutmeg, and the Juice of a Lemon ſqueezed therein; and put this Lear to the Trotters as they fry in the Pan; then toſs them once or twice, and put them forth into the Diſh you intend to ſerve them in.

## *To make a Fricaſey of Calf's Chaldron.*

YOU muſt take a Calf's Chaldron, after it is a little more than half boiled, and when it is cold, cut it into little Bits as big as Walnuts; ſeaſon the whole with beaten Cloves, Salt, Nutmeg, Mace, a little Pepper, an Onion, Parſley, and a little Terragon, all ſhred very ſmall; then put it into a Frying-pan with a Ladle full of ſtrong Broth, and a little Sweet Butter; when it is fried enough, have a little Lear made with Mutton Gravy, the Juice of a Lemon and Orange, the Yolks of three or four Eggs, and

and a little grated Nutmeg; put all to the Chaldron in the Pan, toſs your Fricaſey two or three Times, then diſh it, and ſo ſerve it up.

## Calf's Head Fricaſey.

HAving Slices of the Head, clean and boiled tender, as big as Walnuts, then toſs them up with Muſhrooms, Sweetbreads, and Artichoke Bottoms, Cream, and the Yolks of Eggs; ſeaſon it with Mace and Nutmeg, and ſqueeze in a Lemon, ſo ſerve away hot.

*For a* Fricaſey *of* Tench, *ſee the Article of* Tench, p. 241.

*For a* Fricaſey *of* Flounders, *ſee the Article of* Flounders, p. 254.

## *To fricaſey* Sturgeon.

CUT it into thin Slices, and ſeaſon it with Pepper, Salt, and Nutmeg; ſtrew over a little Flour, and fry it browniſh; then take a Bit of Butter, paſs it brown with Flour, put in ſome good Gravy, one Anchovy, and the Juice of an Orange; ſo ſerve away.

## *Another richer* Rice Pudding.

GET a Quart of Milk, ſix Ounces of Rice finely powdered, ſix Eggs, half the Whites only, and half a Pound of Butter; put in the Rice when the Milk boils; let it boil ſome Time, and then put in the Sugar and Butter, and ſtir it well, and when cold, put in the Eggs, then bake it in a Diſh. It muſt be well baked. Put at the Bottom of the Diſh ſome Orange Marmalade and Marrow.

## Oat-Meal Pudding.

GET a Pint of fine Oat-Meal, boil it in new Milk and Cream, a little Cinnamon and Nutmeg, and beaten Mace, and when it is about the Thickneſs of a Haſty-Pudding, take it off, and ſtir in half a Pound of Sweet Butter, and eight Eggs, (leave out half the Whites) very well beaten, and put in two or three Spoonfuls of Sack, and make Puff-paſte, and lay round your Diſh, and butter it very well, and bake it, but not too much.

## *A baked* Bread Pudding.

GET a Quart of Cream, boil it with two Manchets, and grate in one Nutmeg, ſix Yolks and four Whites of Eggs well beaten, with your Bread and Cream, at leaſt half an Hour together; then put into it a Pound of Beef Sewet finely minced, half a Pound of Sugar, a little Salt, bake it three Quarters of an Hour in a quick Oven, the ſame Way boiling without Sewet is as good.

*Another*

is as above; then put in the Yolks only of ſix Eggs, and a Quartern of Butter; you muſt butter your Pan, and bake it as you do a Tanſey, and ſtick Slices of fried Bacon a Top: The ſweet Way is, with Beans, Biſket, Sugar, Sack and Cream, and eight Yolks of Eggs; ſo bake it, and ſtick on the Top ſome Orange and Lemon Peel candy'd.

## Peaſe Francoiſe.

SHELL your Peaſe, and paſs a Quarter of a Pound of Butter, Gold Colour, with a Spoonful of Flour; then put in a Quart of Peaſe, four Onions cut ſmall, and two good Cabbages, or Sileſia Lettuces; you muſt cut them as ſmall as Onions; then put in half a Pint of Gravy ſeaſoned with Pepper, Salt and Cloves; ſtove this well an Hour very tender; you put in half a Spoonful of double refin'd Sugar, and fry ſome Artichokes and lay round the Side of the Diſh; ſerve with a forced Lettuce in the Middle.

## Peaſe *the* Portugeze *Way*.

WASH your Peaſe, cut into them ſome Lettuce, in Proportion to the Peaſe you have; put into them a Bit of Sugar as big as the End of your Thumb, ſome fine Oil, four or five Mint Leaves, cut ſmall, with Parſley, Onions, Shalots, a Crumb of Garlick, a little Winter Savoury, Nutmeg, Salt, a little Pepper, and a little Broth: Put them over the Fire, and let them have but little Broth. When you will ſerve them up, you poach ſome freſh Eggs in it, making a Hole for the Place each Egg is to have; then cover your Stew-pan again, boil your Eggs with a little

tle Fire upon the Cover; then ſlide them into your Diſh and ſerve them up hot.

Fine Beans are dreſſed in the ſame Manner; but we muſt take Care not to blanch theſe Beans, and to put them in juſt as they are, the ſame as the Peaſe, without putting them in Butter.

## Green Peaſe *with* Cream.

WASH your fine green Peaſe in hot Water; then put them in a Colander to drain, put them in a Stew-pan, with a Lump of Butter, and a Bunch of Sweet Herbs; put them upon the Fire, and toſs them up, put a Duſt of Flour to them, and moiſten them with boiling Water, ſeaſoned with Salt, and a Bit of Sugar; let them ſtew; being ſtew'd, or boiled ſhort, and ready to be ſerved up, put in a little Cream; let them have a good Taſte; diſh them up, and ſerve them up hot for Entremets.

## *Another Way to do* Green Peaſe.

TAKE fine Green Peaſe, waſh them in hot Water, then put them in a Colander to drain, put them in a Stew-pan with a Lump of Butter, ſet them over the Fire and toſs them up, ſtrew a Duſt of Flour over them, and moiſten them with hot boiling Water, ſeaſoned with Salt, and a Bit of Sugar; make up a Bunch of Lettuces bound with Packthread, a Bunch of Green Onions, and put theſe in your Peaſe. They being done, take out the Lettuces and Onions. Let them have a good Taſte, and ſerve up hot.

*Another*

*Another Way.*

HAving your Peaſe waſhed in hot Water, drain them, put them in a Stew-pan with a Lump of Butter, and a Bunch of Sweet Herbs; then ſet them over the Fire, toſs them up, ſtrew them with a Duſt of Flour, and moiſten them with a little boiling Water, and let them ſtew ſoftly; being ſtewed, thicken them with Eſſence of Ham; let them have a good Taſte; being ready to be ſerved up, put in a Dozen of fried Cruſts of Bread, diſh them up, and ſerve them hot for an Entremet.

*A good Way to preſerve* Green Peaſe.

HAving Green Peaſe the Quantity you like, which you muſt blanch; put Salt in the Water; and when they have had two Boils, take them out and ſpread them upon a clean Table-Cloth, and leave them to till they are cold: Let them dry in the Sun, if you have Convenience for it, otherwiſe in the Oven not too hot; being dry'd, put them into a dry Place; and when you would uſe them, put them in luke-warm Water, to make them turn green again; and if you have large dry Peaſe, put a Handful to them, and that will thicken them, and let them ſtew; being ſtew'd, put a Lump of Butter in a Stew-pan, a Bunch of green Onions, and a Bunch of Lettuces, if you have any, and then your green Peaſe; ſee that the large ones be taken out, toſs them up, ſtrow a Duſt of Flour over them, moiſten them with good Broth, and ſeaſon them with Salt and a little Sugar, and let them go on ſtewing; Let them have a good Taſte; and being ready to be ſerv'd up, thicken them with Eggs, if you think fit, or

elſe

elſe with Cream. If you have not a Mind to ſerve them this Way, thicken them with a little Eſſence of Ham, put in your Diſh ſome Bits of Cruſts of Bread fried, with your Peaſe over them, and ſerve them up hot for Entremets.

### Cabbage *forced whole.*

PArboil a large white Cabbage, then take it out and cool it; when it is cold, cut out the Heart of it as big as your Fiſt, and fill it up with good Force-Meat made of Sweetbreads, Marrow, Eggs, Crumbs of Bread, Pepper, Salt, and Nutmeg, Thyme and Parſley; make it up all together and force your Cabbage; ſtove it well in Gravy one Hour, and ſend it whole to Table; thicken your Sauce and pour all over, and garniſh with Slices of Ham, or Bacon broiled.

### *Stewed* Red Cabbage.

CUT your Cabbage very ſmall and fine, and ſtove it with Gravy and Sauſages, and a Piece of Ham; ſeaſon it with Pepper, and Salt; before you ſend it away, put in a little Elder Vinegar, and mix it well together, which will turn it of a rediſh Colour, ſo ſerve away hot.

### Savoys *forced and ſtoved whole.*

SET two green Savoys off; then take out the Inſide and fill the Vacancy with good Forced-Meat; tie the Savoys up, force one, the other plain; then ſtove them in good Broth and Gravy; ſeaſon with Pepper, Salt, and Nutmeg; and when you have ſtoved them enough, thicken ſome Gravy and put in a little Vinegar; ſo ſerve it away.

Lettuce

## Lettuce *forced.*

SET off twelve, and then cool them; when cold, take out the Heart, fill them full with Sweetbreads, and Force-Meat; ſet them in your Pan, Stalk upwards, and ſtove them half an Hour; ſeaſon them as before, and ſerve away.

## *To force* Cucumbers.

PARE them and core out the Seed, then force them with light Force-Meat and ſtove them in good Broth or Gravy, and when tender, cut two in Slices, and the other ſend whole; ſqueeze in a Lemon, and ſerve away hot.

## *To ſtew* Cucumbers.

YOU muſt core them and cut them into large Dice, or round, as you pleaſe, and then fry them brown with an Onion; put in ſome Gravy and Elder Vinegar, and ſeaſon with Pepper and Salt; ſo ſerve it under Mutton or roaſt Beef.

## *To farce* Cucumbers.

PARE large Cucumbers, then ſcoop out all the Seeds, firſt cutting off one End: Then prepare the following Farce for them: Take the Hearts of ſome Cabbage Lettuce ſtew'd tender in Salt and Water; drain them well, and chop them ſmall, and cut ſome Onion very fine, ſhred a little Parſley that has been boil'd tender, and a Muſhroom pickled; and add a little All-ſpice, finely powdered, and ſome Pepper, a little Salt, and ſome Fat of Bacon chopp'd

ſmall. Mix theſe well together, with the Yolk of an Egg or two, according to your Quantity, and ſtuff the Cucumbers full of it. Then tie the Ends, that were cut off cloſe, with Packthread, and ſtew them in Water and Salt 'till they are tender; then drain them and flour them, and fry them brown in Hog's Lard very hot, and let them drain; then take off the Threads that hold them together, and lay them in your Diſh, and pour the following Sauce over them, *viz.* Take Gravy well ſeaſoned, and as much Claret, boil theſe together, with ſome Lemon Peel, and All-ſpice; and thicken this Sauce with burnt Butter. Theſe are good to be ſerved with Mutton Cutlets, as well as alone.

## *To dreſs* Skirrets.

THE Skirret, tho' it is none of the largeſt Roots, yet is certainly one of the beſt Products of the Garden, if it be rightly dreſs'd; the Way of doing which, is to waſh the Roots very well, and boil them 'till they are tender, which need not be very long. Then the Skin of the Roots muſt be taken off, and a Sauce of melted Butter and Sack poured over them: In this Manner they are ſerved at the Table, and eaten with the Juice of Orange, and ſome likewiſe uſe Sugar with them, but the Root is very ſweet of itſelf.

Some, after the Root is boil'd, and the Skin is taken off, fry them, and uſe the Sauce as above: So likewiſe the Roots of Salſify and Scorzonera are to be prepared for the Table.

Scorzoneras

### Scorzoneras *butter'd.*

SCRAPE them and boil them very tender, and cut them into Pieces two Inches long; then ſqueeze in a Lemon; put in half a Pint of Cream and four Ounces of Butter, with a little Salt and Nutmeg. You may fry them alſo.

### Alexander *butter'd or fry'd.*

FIRST parboil them and get the Skin off, then boil them in their Lengths very tender, and make a Batter with Rheniſh Wine, Eggs and Flour, and then dip them in, and ſauce them with melted Butter, Sack and Sugar; you may do them ſavoury.

### Chardoons *buttered.*

BLANCH them and cut out all the Strings and leave them two Inches long; then boil them in Water and Salt, and a little Bit of fat Bacon, or Butter, and when they are tender, ſtrain them off, and toſs them up in thick melted Butter, Pepper and Salt.

### Chardoons *fry'd and butter'd.*

THEY are a wild Thiſtle that grow in every Ditch or Hedge, you muſt cut them about ten Inches and ſtring them, tie them up, twenty in a Bundle, and boil them as Aſparagus, or cut them in ſmall Dice and boil them as Peaſe, and toſs them up with Pepper, Salt and melted Butter.

## Chardoons à la Fromage.

WE ſtring them and cut them an Inch long; ſtove them in good Gravy 'till tender; ſeaſon with Pepper and Salt, and ſqueeze in one Orange; then thicken it with Butter browned with Flour, put it in your Diſh and cover it all over with grated *Parmeſan* or *Cheſhire* Cheeſe, and then brown it over with a hot Cheeſe Iron; ſo ſerve away quick and hot.

## *Fry'd* Sellery.

BOIL it half an Hour, then let it cool, and make a a Batter with a little Rheniſh Wine, the Yolks of Eggs, with a little Flour and Salt; dip every Head in, and fry them with clarified Butter, and ſauce them with melted Butter.

## Sellery *with* Cream.

YOU muſt tie up your Bunches and boil them tender, cut them three Inches long the beſt and Heart of it; then take half a Pint of Cream and four Yolks of Eggs, ſeaſon with Salt; and put in a ſmall Piece of Butter, and ſhake it together thick, and ſerve away hot.

*For* Endive *ragoo'd ſee* p. 435.

## Spinach *with* Eggs.

BOIL your Spinach well and green, and ſqueeze it dry and chop it fine; then put in ſome good Gravy and melted Butter, with a little Cream, Pepper, Salt and Nutmeg; then poach ſix Eggs and lay over your Spinach, fry

fry ſome Sippets in Butter, and ſtick all round the Sides, ſqueeze one Orange, ſo ſerve it hot.

## Sorrel *with* Eggs.

YOUR Sorrel muſt be quick boil'd and well ſtrained; then poach three Eggs ſoft and three hard; butter your Sorrel well, fry ſome Sippets, and lay three poach'd Eggs and three whole hard Eggs betwixt, and ſtick Sippets all over the Top, and garniſh with ſliced Orange and curl'd Bacon or Ham fried.

## Clary *fry'd with* Eggs.

WASH, pick, and dry your Clary with a Cloth; then beat up the Yolks of ſix Eggs with a little Flour and Salt, make the Batter light, and dip in every Leaf and fry them ſingly, and ſend them up quick and dry.

## Clary *Amulet.*

SCALD your Clary and chop it ſmall, and beat it up with eight Eggs; ſeaſon with a Shalot chopp'd, Pepper, and Salt, then fry it off quick as you do a Pancake; ſqueeze over an Orange.

## Aſparagus *with* Cream.

HAving cut the green Part of your Aſparagus in Pieces, an Inch long, and blanch them a little in boiling Water, then toſs them up in a Stew-pan with good Butter or Lard; but take Care they be not too fatty: Put to them ſome Cream, a Bunch of Pot Herbs, and ſeaſon them moderately: Before you ſerve them, beat one or two Yolks

of

of Eggs in Cream, to thicken the Sauce, into which put a little Sugar, and then ſerve them.

### Aſparagus *with* Gravy.

WE cut them in Pieces as before, and toſs them up with melted Lard, Parſley, Charvil, cut very ſmall, and a whole Leek, which you muſt remember to take away; ſeaſon them with Salt, Pepper, and a little Nutmeg, and ſet them a ſimmering in a Stew-pan over a gentle Fire, with a little good Broth; when they are enough done, take from them all the Fat, pour over them ſome Mutton Gravy, and ſqueeze upon them the Juice of a Lemon, ſo ſerve them.

### Aſparagus *with* Butter.

BOIL them in Water and a little Salt; take Care they be not over done, when they are boiled enough, ſet them a draining; then lay them in a Diſh, and let your Sauce be Butter, Salt, Vinegar, and Nutmeg, or white Pepper, and the Yolk of an Egg to thicken it; keep it continually moving, and pour it on your Aſparagus; then ſerve them.

### *To make an* Amulet *of* Aſparagus.

BLANCH and cut the Aſparagus in ſmall Pieces, fry them in freſh Butter, with a little Parſley and Chibbols, then pour ſome Cream upon them, and having ſeaſoned them well, boil them on a gentle Fire; Mean while, make an Amulet with new laid Eggs, Cream, and Salt: When it is enough, dreſs it on a Diſh, and having thickened the Aſparagus with one or two Yolks of Eggs, pour it on the Amulet, and ſerve it up hot.

*A Way*

### *A Way to preſerve* Aſparagus.

HAving cut off the hard Part of the Stalk that is not eatable; give the reſt one Boil in Butter and Salt, then put them into fair Water: When they have laid 'till they are cold, take them out and drain them dry; then put them into a Veſſel, where they may be at their full Length without breaking; put to them ſome Salt, whole Cloves, ſliced Lemon, and as much Water as Vinegar: Lay a Napkin in the Veſſel over them, and cover the Napkin with melted Butter; keep them in a Place neither hot nor cold; and when you would uſe them, dreſs them in the ſame Manner you do thoſe that are newly gathered.

## *ARTICHOKES.*

### Artichoke Bottoms *with* Cream.

GET Artichoke Bottoms, boil them in Water, and when they are boiled toſs them up with Butter in a Stew-pan, then put to them ſome Cream, with a Bunch of Cives and Parſley; thicken your Sauce with the Yolk of an Egg, and put in it a little Salt and Nutmeg. Serve them in Plates or little Diſhes.

### Artichokes *in* Puree.

AFTER you have well waſhed and clean'd the Bottoms of your Artichokes, boil them in blanched Water, putting in it a good large Lump of Butter, kneaded up with a little Flour and Salt: When they are boiled, take them out of the Water, and having made them into Puree, ſtrain them through a Sieve in the ſame Manner as you do

Peaſe.

Peaſe. Then ſet them to ſimmer in a Stew-pan over a gentle Fire, with freſh Butter, Salt, Pepper and Nutmeg, and Cloves pounded in a Mortar; add to this a Bunch of Parſley, young Onions and Thyme, with a Leaf of Bays.

When you are almoſt ready to ſerve, pound in a Mortar ſome blanch'd ſweet Almonds, ſome candy'd Lemon Peel, Biskets, Bitter Almonds, Yolks of hard Eggs, and a convenient Quantity of Sugar: Mix all theſe Ingredients together with a little Orange-Flower-Water; and having incorporated this Compoſition with your Puree of Artichokes, ſet it a Moment over the Fire, and then ſerve it up.

Artichokes being of great Uſe in COOKERY, throughout the whole Year, for almoſt all Sorts of Ragoos, Soops, *&c.* it is neceſſary to lay in a good Proviſion of them by obſerving the following Direction.

### *To keep* Artichokes *all the Year.*

GET a Quantity of Water proportionable to your Number of Artichokes, ſo that they may keep in it, and boil it with as much Salt as you judge neceſſary: Then take it off the Fire, and let it ſtand 'till the Foulneſs of the Salt be ſettled at the Bottom; then pour it into the Veſſel in which you intend to keep your Artichokes: Blanch them in boiling Water, only ſo long, that you may take out the Choaks; waſh them in two or three ſeveral Waters, 'till you are ſure they are very clean, then put them into the Pickle you have already made for them, pouring on the Top of it ſome Oil or good Butter, that no Air may enter: And, if you will, you may put a little Vinegar to your Pickle. Cover your Veſſel very carefully with Paper, and lay a Board over it, that the leaſt Breath of Air may

may not get in. When you would uſe your Artichokes you muſt ſteep them in freſh Water to take away the Salt. They will keep in this Manner a Year or more.

Artichokes may likewiſe be kept dry: To this End, when you have blanched them and taken out the Chokes, as above directed, lay them a draining on Grates or Hurdles of Oſier; then put them into an Oven moderately hot, 'till they become as dry as Wood: Before you uſe them, you muſt ſteep them for two Days in luke-warm Water; by which Means they will come to themſelves, and be as freſh as when they were firſt gathered. In blanching them off, put in the Water a little Verjuice, Salt and Butter, or good Beef Sewet.

There is likewiſe another Way of keeping them: Chooſe the beſt Artichokes you can get; and with a ſharp Knife cut off the Leaves and Chokes, and throw each Bottom immediately into fair Water, otherwiſe they will turn black. When you take them out of the Water, throw them into Flour, and cover them all over with it; then range them one by one on a Hurdle, and dry them in the Oven. When you would make uſe of them, lay them firſt a ſoaking for twenty four Hours, and then boil them as you do other Artichokes. You will find that by this Means they will never have loſt their Taſte.

## Artichokes *with* White Sauce.

TAKE very young Artichokes and boil them in Water and a little Salt: When they are boiled, toſs up the Bottoms with Butter and Parſley, ſeaſoned with Salt and white Pepper. Let your Sauce be Yolks of Eggs, a Drop or two of Vinegar and a little Gravy.

### Mushrooms *with* Cream.

CUT your Mushrooms in Pieces, and toss them up over a brisk Fire in Butter, seasoned with Salt, Nutmeg and a Bunch of Herbs. When they are done enough, and most of the Butter wasted away, put to them some Cream, and serve them.

### A Loaf *with* Mushrooms.

MAKE a Hole in the Bottom of a Loaf, keep the Bit taken off, take out all its Crumb, fill it up with a Hash of Partridges; stop the Hole with the reserved Bit of Crust, and tie the Loaf round with Packthread, dip it in Milk and fry it in Hog's Lard till it has a good Colour. Take a Handful of Mushrooms, stew them in a Stew-pan with some Essence of Ham: Being done, thicken the Sauce with Essence of Ham. Then put your Loaf in, soak it about a Minute; then put it in the Dish, and the Ragoo being made relishing, must be put over it, and so serve it hot.

## CHAP XXIII.

### Of PUDDINGS, &c.

### *Baked* Potato Pudding.

WE take two Pounds of white Potatoes, boil and peel them, and beat them in a Mortar so fine as not to discover what they are; then take half a Pound of Butter,

ter, and mix it with the Yolks of eight Eggs, and the Whites of three, beat them well, and mix a Pint of Cream and half a Pint of Sack, a Pound of refin'd Sugar, with a little Salt and Spice, and bake it.

## Orange Pudding.

YOU muſt take two right *Seville* Oranges; take off a little of the Outſide Rind, and ſqueeze out the Juice and Seeds, lay them in Water three Days, ſhifting the Water every Day: Then ſet on a Pot of Water, make it boil, and put them in a Mortar, and beat them into a Paſte; then put in double their Weight of double refin'd Sugar, eight Eggs, leave out half the Whites; then boil a Pint of Cream, ſet it to be cold, and put them in with three or four Spoonfuls of Sack; grate the Quantity of a Half-penny Roll, and put in, with half a Pound of ſweet Butter melted: Sweeten it to your Taſte, and put it into a Diſh with Puff-paſte round it, and it will require no more baking than a Cuſtard.

## *Another* Orange Pudding.

HAving the Peel of a large *China* Orange, mince it exceeding ſmall, and pound it in a Mortar; then take the Yolks of ſixteen Eggs well beaten, with a little Roſe Water, and put to it a little more than half a Pound of Sugar, and as much Butter being melted, and ſeaſon it with a little Nutmeg, and put it in a Diſh, being covered with Puff-paſte, and lay Puff-paſte, over it, and garniſh it in what Form you pleaſe.

## *A* Lemon Pudding.

HAving two clear Lemons, grate off the Outside Rinds, then grate two Naples Biskets, and mix with your grated Peel, and add to it three Quarters of a Pound of fine Sugar, 12 Yolks and six Whites of Eggs well beat, and three Quarters of a Pound of Butter melted, and half a Pint of thick Cream; mix these well together, put a Sheet of Paste at the Bottom of the Dish; and just as the Oven is ready, put your Stuff in the Dish; sift a little double refined Sugar over it before you put it in the Oven. An Hour will bake it.

## *An* Almond Pudding.

BLANCH and pound half a Pound of Almonds with four grated Biskets, and three Quarters of a Pound of Butter, Sack, and Orange-Flower-Water, then mix it with a Quart of Cream boiled and mix'd with eight Eggs, Sweet Spice and Sugar, cover the Dish with Puff-paste, pour in the Batter and bake it.

## *Another* Almond Pudding *to bake or boil.*

BEAT a Pound of Almonds as small as possible; put to them some Rose Water and Cream as often as you beat them; then take one Pound of Beef Sewet, finely minced, with five Yolks of Eggs, and but two Whites; make it as thin as Batter for Fritters, mixing it with sweet thick Cream; season it with beaten Mace, Sugar, and Salt; then set it into the Oven in a Pewter Dish, and when you draw it forth, strew some Sugar on the Top. Garnish your Dish with Sugar.

*A* Carrot

## *A* Carrot Pudding.

SCRAPE raw Carrots very clean, then grate them with a Grater, without a Back. To half a Pound of Carrots, take a Pound of grated Bread, a Nutmeg, a little Cinnamon, a very little Salt, half a Pound of Sugar, and half a Pint of Sack, eight Eggs, a Pound of Butter melted, and as much Cream as will mix it well together; ſtir it and beat it up well, then ſheet a Diſh with Puff-paſte and ſend it to the Oven.

## *Another* Carrot Pudding.

BOIL a large Carrot tender, then ſet it to be cold, and paſs it thro' a Sieve very fine; then put in half a Pound of melted Butter, beaten together with eight Eggs, leave out half the Whites, with three Spoonfuls of Sack, and one Spoonful of Orange-Flower-Water, half a Pint of good Cream, a Nutmeg, Bread grated, a little Salt, and make it of a moderate Thickneſs, and give it the ſame baking as a Cuſtard.

## *A* Marrow Pudding.

TAKE a Quart of Cream or Milk, put in four Ounces of Biſket, eight Yolks of Eggs, ſome Nutmeg, Salt, and the Marrow of two Bones; ſave ſome Bits to lay about the Top; ſeaſon with a little Sugar; put in two Ounces of Currants plump'd; ſet it gently on the Fire, then cool it, and bake it in Puff-paſte.

*A* French

### *A* French Barley Pudding.

PUT to a Quart of Cream ſix Eggs, well beaten, but three of the Whites; then ſeaſon it with Sugar, Nutmeg, a little Salt, Orange-Flower-Water, and a Pound of melted Butter; then put to it ſix Handfuls of *French* Barley that has been boiled tender in Milk: Butter a Diſh and put it in, and bake it. It muſt ſtand as long as a Veniſon Paſty.

### *A* Pith Pudding.

TAKE a Quantity of the Pith of an Ox, and let it lie all Night in Water to ſoak out the Blood; the next Morning ſtrip it out of the Skins, and beat it with the Back of a Spoon in Orange-Flower-Water, 'till it is as fine as Pap; then take three Pints of thick Cream, and boil it with two or three Blades of Mace, a Nutmeg quartered, a Stick of Cinnamon; then take half a Pound of the beſt Jordan Almonds, blanched in cold Water, then beat them with a little Cream, and as they dry put in more Cream, and when they are full beaten ſtrain the Cream from them to the Pith; then take the Yolks of ten Eggs, the Whites of but two; beat them very well, and put them to the Ingredients, then take a Spoonful of grated Bread, or Naples Biſket; mingle all theſe together with half a Pound of fine Sugar, the Marrow of four large Bones, and a little Salt, and bake it in Puff-paſte.

### Pippin Pudding.

BOIL twelve Pippins tender, and ſcrape them clean from the Core, and put in a Pint of Cream ſeaſoned with Orange-Flower, or Roſe Water and Sugar to your Taſte,

Taſte, and put good Puff-paſte in your Diſh; bake it in a ſlack Oven, and grate Loaf Sugar over it before it is quite done.

### *Another* Pippin Pudding.

TAKE as much Pulp of boiled Pippins as you think will make your Pudding, and ſix Eggs well beaten, the Whites of but three, two large Spoonfuls of Naples Bisket finely grated; ſugar it to your Palate; take the Rind of an Orange or Lemon boiled tender, and beaten in a Mortar; then mix all well together in the Mortar, with a Quarter of a Pound of freſh Butter, and put it in your Diſh, with Paſte Top and Bottom. Let it not be done too much.

### Italian Pudding.

HAving a Pint of Cream, ſome white Manchet Bread, ten Eggs, a beaten Nutmeg; butter the Bottom of your Diſh, and round the Sides: Then cut twelve Pippins in round Slices, and lay in the Bottom; throw a little Orange Peel over them, and ſome fine Sugar; pour half a Pint of Claret over them, and then the Pudding; make Puff-paſte over it, and it will be baked in half an Hour; lay the Paſte round the Sides of your Diſh.

### *A baked* Rice Pudding.

YOU muſt blanch the Rice in Water, then boil it in Milk, with Sugar, Cinnamon, and Salt 'till it is very thick; let it ſtand 'till it is cold, and add to it Eggs according to the Rice, half the Whites only. Put in ſome Currants and Raiſins, and a little melted Butter, with ſome ſweet and diced Marrow.

*Another*

### *Another richer* Rice Pudding.

GET a Quart of Milk, ſix Ounces of Rice finely powdered, ſix Eggs, half the Whites only, and half a Pound of Butter; put in the Rice when the Milk boils; let it boil ſome Time, and then put in the Sugar and Butter, and ſtir it well, and when cold, put in the Eggs, then bake it in a Diſh. It muſt be well baked. Put at the Bottom of the Diſh ſome Orange Marmalade and Marrow.

### Oat-Meal Pudding.

GET a Pint of fine Oat-Meal, boil it in new Milk and Cream, a little Cinnamon and Nutmeg, and beaten Mace, and when it is about the Thickneſs of a Haſty-Pudding, take it off, and ſtir in half a Pound of Sweet Butter, and eight Eggs, (leave out half the Whites) very well beaten, and put in two or three Spoonfuls of Sack, and make Puff-paſte, and lay round your Diſh, and butter it very well, and bake it, but not too much.

### *A baked* Bread Pudding.

GET a Quart of Cream, boil it with two Manchets, and grate in one Nutmeg, ſix Yolks and four Whites of Eggs well beaten, with your Bread and Cream, at leaſt half an Hour together; then put into it a Pound of Beef Sewet finely minced, half a Pound of Sugar, a little Salt, bake it three Quarters of an Hour in a quick Oven, the ſame Way boiling without Sewet is as good.

*Another*

*Another Sort.*

PARE off all the Cruſt of a Penny white Loaf, and ſlice it thin into a Diſh with a Quart of Cream, ſet it over a Chafing-Diſh of Coals, 'till the Bread be almoſt dry, then put in a Piece of Sweet Butter, and take it off and let it ſtand to be cold; then take the Yolks of three Eggs, the White of one with a little Roſe Water, Sugar, and Nutmeg; ſtir them very well together; then put it in another Diſh, butter it, and when it comes out of the Oven, grate over it ſome fine Sugar.

*Another Sort.*

TAKE grated Bread, and as much Flour; then take four Eggs, two Whites, a good Quantity of Sugar, wet it with Cream to the Thickneſs of Pancake Batter; then put in ſome Raiſins of the Sun, and butter your Diſh very well, and bake it half an Hour; ſtrew over it grated Sugar.

*Another Sort.*

PUT to a Quart of Cream, a Pound of Beef Sewet cut ſmall, ſeaſon it with Nutmeg, Roſe Water and Sugar: Then grate two Manchets, and beat ſeven Eggs, put in half a Pound of Currants; mingle all theſe well together, butter the Diſh, and bake it not too much; grate Sugar over it when it comes out of the Oven.

*The* Spread-Eagle Pudding.

CUT off the Cruſt of three Half-penny Rolls, then ſlice them into your Pan; then ſet three Pints of Milk over the Fire, make it ſcalding hot, but do not let it

boil, ſo pour it over your Bread and cover it cloſe, and let it ſtand an Hour; then put in a good Spoonful of Sugar, a very little Salt, a Nutmeg grated, a Pound of Sewet after it is ſhred, half a Pound of Currants, waſhed and picked, four Spoonfuls of cold Milk, ten Eggs, but five of the Whites; and when all is in, ſtir it, and mix it well; butter a Diſh. Leſs than an Hour will bake it.

### *A* Green Pudding.

HAving ſome boiled Mutton minced, with Beef Sewet ſhreded, a little Thyme, Marjoram and Parſley, and a Handful of Spinach; then mix all theſe together with a little grated Bread, and three Yolks of Eggs, ſome Cream, Sugar and Nutmeg, Currants, and a little Flour; then roll it up in a Sheep's Caul, and bake it.

### *A* Ratifia Pudding.

YOU muſt take a Quart of Cream, boil it with four or five Laurel Leaves; then take them out and break in half a Pound of Naples Bisket, half a Pound of Butter, ſome Sack, Nutmeg, and Salt, take it off the Fire, cover it up; when it is almoſt cold, put in two Ounces of Almonds blanched and beaten fine, and the Yolks of five Eggs, mix all well together, and bake it in a moderate Oven, half an Hour, ſcrape Sugar on it as it goes into the Oven.

### *A* Bacon Pudding.

BOIL a Quart of Cream with a Handful of Sugar, and a little Butter; the Yolks of eight Eggs, and three Whites, beat together, with three Spoonfuls of Flour, and

and two Spoonfuls of Cream; when the Cream boils, put in the Eggs, ſtirring it 'till it comes to be thick, and put it in a Diſh and let it cool; then beat a Piece of fat Bacon in a Stone Mortar, 'till it comes to be like Lard, take out all the Strings from it, and put your Cream to it by little and little 'till it is well mixed; then put ſome Puff-paſte round the Brim of your Diſh, and a thin Leaf at Bottom, and pour it into the Diſh. Do the Top Chequerwiſe with Puff-paſte, and let it bake half an Hour.

## Petit Puddings.

WE take a Handful of grated Bread, a Spoonful of Flour, the Yolks of two Eggs, a Spoonful of Orange-Flower-Water, a Handful of Beef Sewet, ſhred all very ſmall, a little Nutmeg, and Salt, a Spoonful of Cheeſe Curds; work it well together, and wet it as little as you can, and make it up with Cream, or new Milk, lay it in round Balls in the Bottom of your Diſh, which muſt be well buttered: Bake them not too much: When they are baked put them in another Diſh, with a Spoonful of Sack or White Wine, melted Butter and Sugar together poured on them.

## Cheſnut Pudding.

PUT a Dozen and half of Cheſnuts in a Skillet of Water, and ſet them on the Fire, blanch and peel them, and when cold, put them in cold Water; then ſtamp them in a Mortar, with Orange-Flower-Water and Sack, 'till they are very ſmall; mix them in two Quarts of Cream, and eighteen Yolks of Eggs, the Whites of three or four; beat the Eggs with Sack, Roſe Water and Sugar;

put it in a Diſh with Puff-paſte; ſtick in ſome Lumps of Marrow or freſh Butter, and bake it.

### *A* Sweetmeat Pudding.

YOU muſt put a thin Puff-paſte at the Bottom of your Diſh; then have of candy'd Orange, and Lemon Peel, and Citron, of each an Ounce; ſlice them thin and put them in the Bottom on your Paſte; then beat eight Yolks of Eggs, and two Whites, near half a Pound of Sugar, and half a Pound of Butter melted; mix and beat all well together, and when the Oven is ready, pour it on your Sweetmeats in the Diſh. An Hour or leſs will bake it.

### *A fine plain baked* Pudding.

YOU muſt take a Quart of Milk, and put in ſix Laurel Leaves into it; when it has boiled a little take out your Leaves, and with fine Flour make that Milk into Haſty-Pudding, pretty thick; then ſtir in half a Pound of Butter more, then a Quarter of a Pound of Sugar, a ſmall Nutmeg grated, twelve Yolks, ſix Whites of Eggs well beaten; mix and ſtir all well together, butter a Diſh, and put in your Stuff: A little more than half an Hour will bake it.

### *A* Dripping Pudding.

MAKE a good Batter as for Pancakes, put it in a hot Toſs-pan over the Fire with a Bit of Butter to fry the Bottom a little, then put the Pan and Batter under a Shoulder of Mutton inſtead of a Dripping-pan, keeping frequently ſhaking it by the Handle and it will be light and ſavoury,

ſavoury, and fit to take up when your Mutton is enough; then turn it in a Diſh, and ſerve it hot.

### *A* Bread *and* Butter Pudding.

WE take a Two-penny Loaf, and a Pound of freſh Butter; ſpread it in very thin Slices, as to eat, cut them off as you ſpread them, and ſtone half a Pound of Raiſins, and waſh a Pound of Currants; then put Puff-paſte at the Bottom of a Diſh, and lay a Row of your Bread and Butter, and ſtrew a Handful of Currants, and a few Raiſins, and ſome little Bits of Butter, and ſo do 'till your Diſh is full; then boil three Pints of Cream, and thicken it, when cold, with the Yolks of ten Eggs, a grated Nutmeg, a little Salt, near half a Pound of Sugar, ſome Orange-Flower-Water, and pour this in, juſt as the Pudding is going into the Oven.

## *Boiled* PUDDINGS.

### *A fine* boiled Rice Pudding.

YOU muſt take a Quarter of a Pound of Flour of Rice, put it over the Fire in a Pint of Milk, keep ſtirring it conſtantly, that it may not clod or burn to, then take it off and put it in an earthen Pan, and put to it half a Pound of Butter, when it is hot enough to melt, but not oil it, put to it half a Pint of Cream, the Yolks of eight Eggs, the Whites of but two, put Sugar to your Palate, put into it the Peel of a whole Lemon ſhred as fine as poſſible: Then put it in *China* Cups, and boil it. Sauce it with melted Butter and a Spoonful of Sack.

Oxford.

## *A* Lemon Pudding.

HAving two clear Lemons, grate off the Outside Rinds, then grate two Naples Biskets, and mix with your grated Peel, and add to it three Quarters of a Pound of fine Sugar, 12 Yolks and six Whites of Eggs well beat, and three Quarters of a Pound of Butter melted, and half a Pint of thick Cream; mix these well together, put a Sheet of Paste at the Bottom of the Dish; and just as the Oven is ready, put your Stuff in the Dish; sift a little double refined Sugar over it before you put it in the Oven. An Hour will bake it.

## *An* Almond Pudding.

BLANCH and pound half a Pound of Almonds with four grated Biskets, and three Quarters of a Pound of Butter, Sack, and Orange-Flower-Water, then mix it with a Quart of Cream boiled and mix'd with eight Eggs, Sweet Spice and Sugar, cover the Dish with Puff-paste, pour in the Batter and bake it.

## *Another* Almond Pudding *to bake or boil.*

BEAT a Pound of Almonds as small as possible; put to them some Rose Water and Cream as often as you beat them; then take one Pound of Beef Sewet, finely minced, with five Yolks of Eggs, and but two Whites; make it as thin as Batter for Fritters, mixing it with sweet thick Cream; season it with beaten Mace, Sugar, and Salt; then set it into the Oven in a Pewter Dish, and when you draw it forth, strew some Sugar on the Top. Garnish your Dish with Sugar.

*A* Carrot

## *A* Carrot Pudding.

SCRAPE raw Carrots very clean, then grate them with a Grater, without a Back. To half a Pound of Carrots, take a Pound of grated Bread, a Nutmeg, a little Cinnamon, a very little Salt, half a Pound of Sugar, and half a Pint of Sack, eight Eggs, a Pound of Butter melted, and as much Cream as will mix it well together; ſtir it and beat it up well, then ſheet a Diſh with Puff-paſte and ſend it to the Oven.

## *Another* Carrot Pudding.

BOIL a large Carrot tender, then ſet it to be cold, and paſs it thro' a Sieve very fine; then put in half a Pound of melted Butter, beaten together with eight Eggs, leave out half the Whites, with three Spoonfuls of Sack, and one Spoonful of Orange-Flower-Water, half a Pint of good Cream, a Nutmeg, Bread grated, a little Salt, and make it of a moderate Thickneſs, and give it the ſame baking as a Cuſtard.

## *A* Marrow Pudding.

TAKE a Quart of Cream or Milk, put in four Ounces of Biſket, eight Yolks of Eggs, ſome Nutmeg, Salt, and the Marrow of two Bones; ſave ſome Bits to lay about the Top; ſeaſon with a little Sugar; put in two Ounces of Currants plump'd; ſet it gently on the Fire, then cool it, and bake it in Puff-paſte.

*A* French

## *A* French Barley Pudding.

PUT to a Quart of Cream six Eggs, well beaten, but three of the Whites; then season it with Sugar, Nutmeg, a little Salt, Orange-Flower-Water, and a Pound of melted Butter; then put to it six Handfuls of *French* Barley that has been boiled tender in Milk: Butter a Dish and put it in, and bake it. It must stand as long as a Venison Pasty.

## *A* Pith Pudding.

TAKE a Quantity of the Pith of an Ox, and let it lie all Night in Water to soak out the Blood; the next Morning strip it out of the Skins, and beat it with the Back of a Spoon in Orange-Flower-Water, 'till it is as fine as Pap; then take three Pints of thick Cream, and boil it with two or three Blades of Mace, a Nutmeg quartered, a Stick of Cinnamon; then take half a Pound of the best Jordan Almonds, blanched in cold Water, then beat them with a little Cream, and as they dry put in more Cream, and when they are full beaten strain the Cream from them to the Pith; then take the Yolks of ten Eggs, the Whites of but two; beat them very well, and put them to the Ingredients, then take a Spoonful of grated Bread, or Naples Bisket; mingle all these together with half a Pound of fine Sugar, the Marrow of four large Bones, and a little Salt, and bake it in Puff-paste.

## Pippin Pudding.

BOIL twelve Pippins tender, and scrape them clean from the Core, and put in a Pint of Cream seasoned with Orange-Flower, or Rose Water and Sugar to your Taste,

Taſte, and put good Puff-paſte in your Diſh; bake it in a ſlack Oven, and grate Loaf Sugar over it before it is quite done.

### *Another* Pippin Pudding.

TAKE as much Pulp of boiled Pippins as you think will make your Pudding, and ſix Eggs well beaten, the Whites of but three, two large ſpoonfuls of Naples Biſket finely grated; ſugar it to your Palate; take the Rind of an Orange or Lemon boiled tender, and beaten in a Mortar; then mix all well together in the Mortar, with a Quarter of a Pound of freſh Butter, and put it in your Diſh, with Paſte Top and Bottom. Let it not be done too much.

### Italian Pudding.

HAving a Pint of Cream, ſome white Manchet Bread, ten Eggs, a beaten Nutmeg; butter the Bottom of your Diſh, and round the Sides: Then cut twelve Pippins in round Slices, and lay iii the Bottom; throw a little Orange Peel over them, and ſome fine Sugar; pour half a Pint of Claret over them, and then the Pudding; make Puff-paſte over it, and it will be baked in half an Hour; lay the Paſte round the Sides of your Diſh.

### *A baked* Rice Pudding.

YOU muſt blanch the Rice in Water, then boil it in Milk, with Sugar, Cinnamon, and Salt 'till it is very thick; let it ſtand 'till it is cold, and add to it Eggs according to the Rice, half the Whites only. Put in ſome Currants and Raiſins, and a little melted Butter, with ſome Sewet and diced Marrow.

*Another*

### *Another richer* Rice Pudding.

GET a Quart of Milk, ſix Ounces of Rice finely powdered, ſix Eggs, half the Whites only, and half a Pound of Butter; put in the Rice when the Milk boils; let it boil ſome Time, and then put in the Sugar and Butter, and ſtir it well, and when cold, put in the Eggs, then bake it in a Diſh. It muſt be well baked. Put at the Bottom of the Diſh ſome Orange Marmalade and Marrow.

### Oat-Meal Pudding.

GET a Pint of fine Oat-Meal, boil it in new Milk and Cream, a little Cinnamon and Nutmeg, and beaten Mace, and when it is about the Thickneſs of a Haſty-Pudding, take it off, and ſtir in half a Pound of Sweet Butter, and eight Eggs, (leave out half the Whites) very well beaten, and put in two or three Spoonfuls of Sack, and make Puff-paſte, and lay round your Diſh, and butter it very well, and bake it, but not too much.

### *A baked* Bread Pudding.

GET a Quart of Cream, boil it with two Manchets, and grate in one Nutmeg, ſix Yolks and four Whites of Eggs well beaten, with your Bread and Cream, at leaſt half an Hour together; then put into it a Pound of Beef Sewet finely minced, half a Pound of Sugar, a little Salt, bake it three Quarters of an Hour in a quick Oven, the ſame Way boiling without Sewet is as good.

*Another*

*Another Sort.*

PARE off all the Cruſt of a Penny white Loaf, and ſlice it thin into a Diſh with a Quart of Cream, ſet it over a Chafing-Diſh of Coals, 'till the Bread be almoſt dry, then put in a Piece of Sweet Butter, and take it off and let it ſtand to be cold; then take the Yolks of three Eggs, the White of one with a little Roſe Water, Sugar and Nutmeg; ſtir them very well together; then put it in another Diſh, butter it, and when it comes out of the Oven, grate over it ſome fine Sugar.

*Another Sort.*

TAKE grated Bread, and as much Flour; then take four Eggs, two Whites, a good Quantity of Sugar, wet it with Cream to the Thickneſs of Pancake Batter; then put in ſome Raiſins of the Sun, and butter your Diſh very well, and bake it half an Hour; ſtrew over it grated Sugar.

*Another Sort.*

PUT to a Quart of Cream, a Pound of Beef Sewet cut ſmall, ſeaſon it with Nutmeg, Roſe Water and Sugar: Then grate two Manchets, and beat ſeven Eggs, put in half a Pound of Currants; mingle all theſe well together, butter the Diſh, and bake it not too much; grate Sugar over it when it comes out of the Oven.

*The* Spread-Eagle Pudding.

CUT off the Cruſt of three Half-penny Rolls, then ſlice them into your Pan; then ſet three Pints of Milk over the Fire, make it ſcalding hot, but do not let it

boil, ſo pour it over your Bread and cover it cloſe, and let it ſtand an Hour; then put in a good Spoonful of Sugar, a very little Salt, a Nutmeg grated, a Pound of Sewet after it is ſhred, half a Pound of Currants, waſhed and picked, four Spoonfuls of cold Milk, ten Eggs, but five of the Whites; and when all is in, ſtir it, and mix it well; butter a Diſh. Leſs than an Hour will bake it.

### *A* Green Pudding.

HAving ſome boiled Mutton minced, with Beef Sewet ſhreded, a little Thyme, Marjoram and Parſley, and a Handful of Spinach; then mix all theſe together with a little grated Bread, and three Yolks of Eggs, ſome Cream, Sugar and Nutmeg, Currants, and a little Flour; then roll it up in a Sheep's Caul, and bake it.

### *A* Ratifia Pudding.

YOU muſt take a Quart of Cream, boil it with four or five Laurel Leaves; then take them out and break in half a Pound of Naples Bisket, half a Pound of Butter, ſome Sack, Nutmeg, and Salt, take it off the Fire, cover it up; when it is almoſt cold, put in two Ounces of Almonds blanched and beaten fine, and the Yolks of five Eggs, mix all well together, and bake it in a moderate Oven, half an Hour, ſcrape Sugar on it as it goes into the Oven.

### *A* Bacon Pudding.

BOIL a Quart of Cream with a Handful of Sugar, and a little Butter; the Yolks of eight Eggs, and three Whites, beat together, with three Spoonfuls of Flour, and

and two Spoonfuls of Cream; when the Cream boils, put in the Eggs, ſtirring it 'till it comes to be thick, and put it in a Diſh and let it cool; then beat a Piece of fat Bacon in a Stone Mortar, 'till it comes to be like Lard, take out all the Strings from it, and put your Cream to it by little and little 'till it is well mixed; then put ſome Puff-paſte round the Brim of your Diſh, and a thin Leaf at Bottom, and pour it into the Diſh. Do the Top Chequerwiſe with Puff-paſte, and let it bake half an Hour.

## Petit Puddings.

WE take a Handful of grated Bread, a Spoonful of Flour, the Yolks of two Eggs, a Spoonful of Orange-Flower-Water, a Handful of Beef Sewet, ſhred all very ſmall, a little Nutmeg, and Salt, a Spoonful of Cheeſe Curds; work it well together, and wet it as little as you can, and make it up with Cream, or new Milk, lay it in round Balls in the Bottom of your Diſh, which muſt be well buttered: Bake them not too much: When they are baked put them in another Diſh, with a Spoonful of Sack or White Wine, melted Butter and Sugar together poured on them.

## Cheſnut Pudding.

PUT a Dozen and half of Cheſnuts in a Skillet of Water, and ſet them on the Fire, blanch and peel them, and when cold, put them in cold Water; then ſtamp them in a Mortar, with Orange-Flower-Water and Sack, 'till they are very ſmall; mix them in two Quarts of Cream, and eighteen Yolks of Eggs, the Whites of three or four; beat the Eggs with Sack, Roſe Water and Sugar;

put it in a Diſh with Puff-paſte; ſtick in ſome Lumps of Marrow or freſh Butter, and bake it.

## *A* Sweetmeat Pudding.

YOU muſt put a thin Puff-paſte at the Bottom of your Diſh; then have of candy'd Orange, and Lemon Peel, and Citron, of each an Ounce; ſlice them thin and put them in the Bottom on your Paſte; then beat eight Yolks of Eggs, and two Whites, near half a Pound of Sugar, and half a Pound of Butter melted; mix and beat all well together, and when the Oven is ready, pour it on your Sweetmeats in the Diſh. An Hour or leſs will bake it.

## *A fine plain baked* Pudding.

YOU muſt take a Quart of Milk, and put in ſix Laurel Leaves into it; when it has boiled a little take out your Leaves, and with fine Flour make that Milk into Haſty-Pudding, pretty thick; then ſtir in half a Pound of Butter more, then a Quarter of a Pound of Sugar, a ſmall Nutmeg grated, twelve Yolks, ſix Whites of Eggs well beaten; mix and ſtir all well together, butter a Diſh, and put in your Stuff: A little more than half an Hour will bake it.

## *A* Dripping Pudding.

MAKE a good Batter as for Pancakes, put it in a hot Toſs-pan over the Fire with a Bit of Butter to fry the Bottom a little, then put the Pan and Batter under a Shoulder of Mutton inſtead of a Dripping-pan, keeping frequently ſhaking it by the Handle and it will be light and ſavoury,

ſavoury, and fit to take up when your Mutton is enough; then turn it in a Diſh, and ſerve it hot.

### *A* Bread *and* Butter Pudding.

WE take a Two-penny Loaf, and a Pound of freſh Butter; ſpread it in very thin Slices, as to eat, cut them off as you ſpread them, and ſtone half a Pound of Raiſins, and waſh a Pound of Currants; then put Puff-paſte at the Bottom of a Diſh, and lay a Row of your Bread and Butter, and ſtrew a Handful of Currants, and a few Raiſins, and ſome little Bits of Butter, and ſo do 'till your Diſh is full; then boil three Pints of Cream, and thicken it, when cold, with the Yolks of ten Eggs, a grated Nutmeg, a little Salt, near half a Pound of Sugar, ſome Orange-Flower-Water, and pour this in, juſt as the Pudding is going into the Oven.

## *Boiled* PUDDINGS.

### *A fine* boiled Rice Pudding.

YOU muſt take a Quarter of a Pound of Flour of Rice, put it over the Fire in a Pint of Milk, keep ſtirring it conſtantly, that it may not clod or burn to, then take it off and put it in an earthen Pan, and put to it half a Pound of Butter, when it is hot enough to melt, but not oil it, put to it half a Pint of Cream, the Yolks of eight Eggs, the Whites of but two, put Sugar to your Palate, put into it the Peel of a whole Lemon ſhred as fine as poſſible: Then put it in *China* Cups, and boil it. Sauce it with melted Butter and a Spoonful of Sack.

Oxford.

## Oxford Puddings.

GET grated Bread, picked Currants, fine ſhred Sewet and Sugar, a Quarter of a Pound of each; mix them together, grate in a good deal of Nutmeg and Lemon Peel; then break in two Eggs, and ſtir all together, tie them in five Cloths, and boil them half an Hour or more.

## Neat's Foot Pudding.

GET Neats Feet; being tender boiled, take them from the Bones, and mince them very ſmall, with half as much Sewet as Feet; mix them together, with Sugar, Cinnamon and Salt, and a Quarter of a Pound of Citron and Orange-Peel minced very fine; then break ſix or eight Eggs, Yolks and Whites; take two Handfuls of grated Bread, and as many Currants as you think convenient; mix all theſe together, butter the Bag, tie it up and boil it two Hours. Then ſerve it with a Sweet Sauce.

## *A* Cabbage Pudding.

HAving two Pounds of the lean Part of a Leg of Veal, take of Beef Sewet the like Quantity; chop them together, then beat them together in a Stone Mortar, adding to it half a little Cabbage ſcalded, and beat that with your Meat; then ſeaſon it with Mace and Nutmeg, a little Pepper and Salt, ſome green Gooſeberries, Grapes, or Barberries, in the Time of Year. In the Winter, put in a little Verjuice; then mix all well together, with the Yolks of four or five Eggs, well beaten; then wrap it up in green Cabbage Leaves; tie a Cloth over it, boil it an Hour; melt Butter for Sauce.

*A* Spinach

## *A* Spinach Pudding.

SCALD your Spinach, and chop it very fine, or the Juice will do, mix with Cream, the Yolks of eight Eggs, four Ounces of Bisket, and four of melted Butter; ſeaſon with Sugar, Nutmeg, and Salt; then ſet it on the Fire 'till it is ſtiff, but do not boil it, then cool it and bake it in Puff-paſte or boil it.

## *A* Quaking Pudding.

WE take a Pint and ſomewhat more of thick Cream, ten Eggs, put in the Whites of three only, beat them very well with two Spoonfuls of Roſe Water: Mingle, with your Cream, three Spoonfuls of fine Flour; mix it ſo well that there be no Lumps in it, put it all together, and ſeaſon it according to your Taſte: Butter a Cloth very well, and let it be thick that it may not run out, and let it boil for half an Hour, as faſt as you can, then take it up and make Sauce with Butter, Roſe Water and Sugar, and ſerve it.

You may ſtick ſome blanched Almonds upon it, if you pleaſe.

## *Another* Quaking Pudding.

GET a Quart of Cream, and beat three or four Spoonfuls, with two or three Spoonfuls of Flour of Rice, a Penny Loaf grated, and ſeven Eggs; then put to it a little Orange-Flower-Water, Sugar, Nutmeg, Mace and Cinnamon; butter the Cloth, and tie it up, but not too cloſe; put it in when the Pot boils, and boil it an Hour; then turn it out into the Diſh; ſtick on it ſliced Citron,

and

and pour over it Butter with Sack, Orange-Flower-Water, with Lemon Juice and Sugar.

### *A* Bread Pudding.

SET a Quart of Cream over the Fire to boil; put into it a Blade or two of Mace, eight Cloves, a Bit of Cinnamon, with a little Nutmeg, Salt and Sugar; when it has boiled, have ready the Cruſts of two *French* Rolls cut in Slices, and put into it, and let it ſtand 'till it is cold; then drain all the Cream that the Bread has not ſoaked, and rub it through the Colander, put in ſix Eggs, take out the Whites; then ſtir it all together well, butter your Diſh, and put it in, tying it over with a Cloth and Packthread. Little more than an Hour will boil it.

### *A* Brown-Bread Pudding.

GET half a Pound of Brown-Bread, and double the Weight of it in Beef Sewet, a Quarter of a Pint of Cream, the Blood of a Fowl, a whole Nutmeg, ſome Cinnamon, a Spoonful of Sugar, ſix Yolks of Eggs, three Whites; mix it all well together, and boil it in a Wooden Diſh two Hours. Serve it with Sack and Sugar, and Butter melted.

### *A* Curd Pudding.

FIRST take the Curd off a Gallon of Milk and whey it well, and rub it through a Sieve; then take ſix Eggs, three Whites; a little thick Cream, three Spoonfuls of Orange-Flower-Water, one Nutmeg grated, grated Bread, and Flour, of each three Spoonfuls, a Pound of Currants and ſtoned Raiſins, mix all theſe together; butter a thick Cloth

Cloth, and tie it up in it: Boil it an Hour; for Sauce, melt Butter and Orange-Flower-Water and Sugar.

## New-College Puddings.

HAving grated a Penny ſtale Loaf, and put to it a like Quantity of Beef Sewet finely ſhred, and a Nutmeg grated, a little Salt, ſome Currants, and then beat ſome Eggs in a little Sack, and ſome Sugar, and mix all together and knead it as ſtiff as for Manchet, and make it up in the Form and Size of a Turky Egg, but a little flatter; then take a Pound of Butter, and put it in a Diſh, and ſet the Diſh over a clear Fire in a Chafing-Diſh, and rub your Butter about the Diſh, 'till it is melted, put your Puddings in and cover the Diſh, but often turn your Puddings, until they are all brown alike, and when they are enough, ſcrape Sugar over them, and ſerve them hot for a Side-Diſh.

## *A* Haſty-Pudding.

BREAK an Egg into fine Flour, and with your Hand work up as much as you can into as ſtiff a Paſte as is poſſible; then mince it as ſmall as Herbs to the Pot, as ſmall as if it were to be ſifted; then ſet a Quart of Milk a boiling, and put in your Paſte ſo cut as before mentioned; put in a little Salt, ſome beaten Cinnamon and Sugar, a Piece of Butter as big as a Walnut, and keep it ſtirring all one Way, 'till it is as thick you would have it, and then ſtir in ſuch another Piece of Butter; and when it is in the Diſh, ſtick it all over with little Bits of Butter.

### *A ſtewed* Pudding.

YOU muſt grate a Two-penny Loaf, and mix it with half a Pound of Beef Sewet, finely ſhred, and three Quarters of a Pound of Currants, and a Quarter of a Pound of Sugar, a little Cloves, Mace and Nutmeg; then beat five or ſix Eggs, with three or four Spoonfuls of Roſe Water, and beat all together, and make them up in little round Balls the Bigneſs of an Egg, ſome round, and ſome long, in the Faſhion of an Egg; then put a Pound of Butter in a Pewter Diſh, and when it is melted and thorough hot, put in your Puddings, and let them ſtew 'till they are brown; turn them, and when they are enough, ſerve them up with Sack, Butter and Sugar for Sauce.

### *A good* Plumb Pudding.

WE take a Pound and a Quarter of Beef Sewet, after 'tis skinned and ſhred very fine, then ſtone three Quarters of a Pound of Raiſins, and mix with it, and a grated Nutmeg, a Quarter of a Pound of Sugar, a little Salt, and a little Sack, four Eggs, four Spoonfuls of Cream, and about half a Pound of fine Flour; mix them well together, pretty ſtiff; tie it in a Cloth, and let it boil four Hours. Melt Butter thick for Sauce.

### *A* Cow-Heel Pudding.

CUT off all the Meat of a large Cow-Heel, but the black Toes; put them away, but mince the reſt very ſmall, and ſhred it over again, with three Quarters of a Pound of Beef Sewet, put to it a Penny Loaf grated, Cloves,

Cloves, Mace, Nutmeg, Sugar, and a little Salt, ſome Sack and Roſe Water: Mix theſe well together with ſix raw Eggs, well beaten; butter a Cloth, and put it in, and boil it two Hours. For Sauce, melt Butter, Sack and Sugar.

### *A* Rye-bread Pudding.

TAKE half a Pound of ſour Rye-bread grated, half a Pound of Beef Sewet, finely ſhred, half a Pound of Currants clean waſhed, half a Pound of Sugar, a whole Nutmeg grated; mix all well together, with five or ſix Eggs: Butter a Diſh: Boil it an Hour and a Quarter, and ſerve it up with melted Butter.

### *A* Cuſtard Pudding.

HAving a Pint of Cream, mix with it ſix Eggs well beat, two Spoonfuls of Flour, half a Nutmeg grated, a little Salt and Sugar to your Taſte; butter a Cloth, put it in when the Pot boils; boil it juſt half an Hour, melt Butter for Sauce.

### *A* Shaking Pudding *with* Almonds.

BOIL a Pint of Cream, boil it with a Blade of Mace; ſtrow it over with ſome beaten Almonds, a little Orange-Flower-Water, or Roſe Water; then take four Eggs, leave out two Whites, ſtrain the Cream, Eggs and Almonds together; then take ſome Sugar and ſweeten it, and thicken it with grated Bread or Bisket; then take a Cloth and rub it with Flour, and tie it up and dip it into Roſe Water; then boil it, and when it is boiled eat it with Butter, Sugar and White Wine, ſtick it with blanched Almonds; ſo ſerve it.

### *A cheap* Rice Pudding.

YOU muſt take a Quarter of a Pound of Rice, and half a Pound of Raiſins, tie them in a Cloth allowing a great deal of Room for the ſwelling of your Pudding. Boil it two Hours; For Sauce, pour over it Butter melted with Sugar and Nutmeg.

### Turkey *or* Capons *in* Guts.

HAving a roaſted Turkey or Capon, or both, according to the Quantity of Puddings you would make, cut out the Breaſts and mince them very ſmall; then cut ſome Hog's Fat very thin, and put all this into a Sauce-pan with two Onions roaſted, and then pounded in a Mortar, a little ſavoury Herbs, and ſome ſhred Parſley; ſeaſon all this with the uſual Spices, add to it the Whites of two or three Eggs beaten: Next take a Quart of Milk, and having beaten up in it the Yolks of a Dozen Eggs, ſet it over a Stove and boil it to a Cream, taking Care that it does not curdle; then mix the whole together, and warm it over the Fire, ſo put it into Guts: Then blanch them off in Water and Milk, with ſome ſliced Onion. When you would ſerve them up, lay a Sheet of Paper rubbed over with Hog's Lard, or other Greaſe, upon a Gridiron, and the Puddings upon the Paper; ſo broil them over a ſlack Fire, for fear they ſhould break.

### Puddings *of* Fowls Livers.

MINCE a Quarter of a Pound of Hog's Fat very ſmall, with one Pound of Fowls Livers, and one Pound of the Fleſh of Capon; ſeaſon all this with ſavoury Herbs,

Herbs, Cives, Salt, Pepper, grated Nutmeg, pounded Cloves and Cinnamon; add to it the Yolks of ſix raw Eggs and a Quart of Cream, or rather more, as you ſee Occaſion; put it into Guts, then boil theſe Puddings in Milk, with ſome Salt and ſliced Lemon: Broil them as in the laſt Receipt, and ſerve them with the Juice of Orange.

## Calf's Liver Pudding.

MINCE a Calf's Liver, and pound it in a Mortar, together with a third Part as much of Hog's Fat as Liver, ſome of which cut alſo in ſmall Dice. Seaſon theſe Ingredients as in the laſt Receipt, and put them into Guts in the Manner above directed. Then boil your Puddings in White Wine, with Salt and Bay Leaves, over a ſlack Fire; let them cool in the Liquor in which they are boiled; and when you would uſe them, broil and ſerve them as in the laſt Receipt.

*Note*, That inſtead of Hog's Guts, we often uſe thoſe of Sheep, Calves, or Lambs.

## Marrow Puddings *in* Skins.

GET the Crumbs of four *French* Rolls, and half a Pound of coarſe Bisket; cut the *French* Rolls in Slices, and put them in an earthen Pan or Sauce-pan; ſet over the Fire two Quarts of Milk, make it Blood-warm, pour it over your Bread, and cover it cloſe up 'till it is cold, then rub your Bread and Milk through a Colander with a Wooden Ladle. Take a Pound of Marrow and mince it, put to it five Eggs, beaten up very fine, and ſtrained thro' a Strainer or Cloth, to keep out the Treads; then mix the Marrow, beaten Eggs and Bread all together. Seaſon the whole

whole with Sugar according to your liking, as you do another Pudding, ſcrape in half an Nutmeg, add two or three Spoonfuls of Roſe Water, a Quarter of a Pound of Almonds, beaten as fine as a Paſte, in a Marble Mortar with a little Salt; mix all theſe Ingredients very fine together; then have ſmall Ox Guts, very well cleaned, and the Inſides turned out: Make a ſmall Funnel that will hold a Quarter of a Pint, with a Tail about five Inches long, all of a Wideneſs, ſo that it can eaſily go into the Guts; the Mouth of the Funnel muſt not be above two Inches deep, becauſe you muſt thruſt your Meat through with your Thumb into the Guts. Cut the Guts a Yard long, and fill them with your Ingredients; tie them in Span long, the two Ends of that Span long tied together: Then tie in the Middle of the Spans to the Ends, ſo that you will have two Puddings in each Piece; take Care to keep them lank not filling them too full; put them over the Fire in a large braſs Diſh of Water, and boil them gently a Quarter of an Hour, turning them with your Skimmer that the Marrow riſe not to one Side; then take them out, lay them on a Colander 'till cold, but turn them in the cooling. In the Winter they will keep a Week or more, but in the Summer not above three Days or four; therefore, take Care to make your Quantity according to your Occaſion. About an Hour before you want them, place them in a Sauce-pan with a little Butter, put them over the Fire 'till they fry as yellow as gold; when one Side is yellow, turn the other down, or you may put them in the Mouth of an Oven. When you ſerve, cut them aſunder. They are proper for a little Diſh, or Plate, for a ſecond Courſe.

They

They will be proper likewiſe for garniſhing a boiled Pudding or Fricaſey of Chickens for the firſt Courſe.

## Almond Puddings *in* Skins.

TAKE two Pounds of Beef Sewet, or Marrow, ſhred very ſmall, and a Pound and half of Almonds blanched, and beaten very ſmall with Roſe Water; one Pound of grated Bread, a Pound and a Quarter of fine Sugar, a little Salt, one Ounce of Mace, Nutmeg, and Cinnamon, twelve Yolks of Eggs, four Whites, a Pint of Sack, a Pint and half of thick Cream, ſome Roſe or Orange-Flower-Water; boil the Cream, and tie a little Saffron in a Rag, and dip it in the Cream to colour it. Firſt beat your Eggs very well, then ſtir in your Almonds, then the Spice and Salt, and Sewet, and then mix all your Ingredients together; fill your Guts but half full, put ſome Bits of Citron in the Guts as you fill them. Tie them up, and boil them about a Quarter of an Hour.

## White Puddings *with* Currants.

WE take three Pounds of grated Bread to four Pounds of Beef Sewet finely ſhred, two Pounds of Currants, Cloves, Mace and Cinnamon, of each half an Ounce beaten fine, a little Salt, a Pound and half of Sugar, a Pint of Sack, a Quart of Cream, a little Roſe Water, twenty Eggs well beaten, but half the Whites; mix all theſe well together, and fill the Guts half full: Boil them a little, and prick them as they boil, to keep them from breaking the Guts. Take them up on clean Cloths.

Black

## Black Puddings.

BOIL all the Hog's Harſlet in about four or five Gallons of Water 'till 'tis very tender, then take out all the Meat, and in that Liquor ſteep near a Peck of Grotts, put in the Grotts as it boils, and let them boil a Quarter of an Hour; then take the Pot off the Fire, and cover it up very cloſe, and let it ſtand five or ſix Hours; chop two or three Handfuls of Thyme, a liltle Savoury, ſome Parſley, and Penny-Royal, ſome Cloves, and Mace beaten, a Handful of Salt; then mix all theſe with half the Grotts, and two Quarts of Blood; put in moſt of the Leaf of the Hog; cut it in ſquare Bits like Dice, and ſome in long Bits; fill your Guts, and put in the Fat as you like it; fill the Guts three Quarters full, put your Puddings into a Ketttle of boiling Water; let them boil an Hour, and prick them with a Pin to keep them from breaking. Lay them on clean Straw when you take them up.

The other half of the Grotts you may make into white Puddings for the Family; chop all the Meat ſmall, and ſhred two Handfuls of Sage very fine, an Ounce of Cloves and Mace finely beaten, and ſome Salt; work all together very well with a little Flour, and put it into the large Guts; Boil them about an Hour, and keep them and the Black Puddings near the Fire 'till uſed.

## Black Puddings *another Way.*

PUT to half a Pint of Oatmeal, eight Pints of new Milk, ſteep it all Night, or boil it to the Thickneſs of Pudding; then put to it eight Pints of grated Bread and four Eggs, a little Salt, Cloves and Mace, ſome Sage and Penny-

Penny-Royal, ſome Sweet Herbs, mix them together; then take a Pint and a half of Blood, and ſtrain it into it, and if it be not ſoft enough, put in ſome more Milk, with half a Pound of Beef Sewet finely ſhreded, one Pound and a half of Lard cut into long Pieces; fill them, and give them one Boil; then take them up and prick them with a Pin and put them in again, boiling them enough. You may put Cream inſtead of Milk.

*For two other Ways of making* Black Puddings, *ſee* p. 325, 326.

## *A* Florendine.

TAKE two Pounds of Cheeſe Curds, a Pound of blanch'd Almonds finely pounded, half a Pound of Currants, a little Roſe Water and Sugar to you Palate; mingle theſe well together, with ſome Spinach ſtew'd and cut ſmall. Lay Puff-paſte on the Top and Bottom of the Diſh, and bake it in an Oven moderately heated.

## *A* Florendine *of* Oranges *or* Apples.

CUT half a Dozen of *Seville* Oranges in two, ſave the Juice, take out the Pulp and lay them in Water for twenty four Hours, ſhift them three or four Times; then boil them in three or four Waters, in the fourth put to them a Pound of fine Sugar and their Juice: Boil them to a Syrup, and let them ſtand in this Syrup in an earthen Pot. When you uſe them cut them in thin Slices. To ten Pippins pared, quartered and boiled up in Water and Sugar, put two of theſe Oranges, lay them on your Puff-paſte in a Diſh as before.

## *A* Florendine *of* Rice.

BOIL half a Pound of Rice in fair Water 'till it is very tender, then put to it a Quart of Milk or Cream, boil it 'till it is thick, and ſeaſon it with Sweet Spice and Sugar, beat eight Eggs very well and mix with it. Add to it half a Pound of Currants, half a Pound of Butter, and the Marrow of two Bones, three grated Biskets, Sack and Orange-Flower-Water; having covered your Diſh with Puff-paſte, put in your Mixture and bake it.

## *A* Florendine Magiſtral.

CUT thin Slices of a Leg of Veal, like *Scotch* Collops, beat them with a Knife on both Sides; ſeaſon them with Salt, Pepper, Cloves and Mace. Cut as many thin Slices of fat Bacon, roll them up and put them into your Pye-Diſh. Add two or three Shalots and two or three Anchovies, ſome Oyſters, and forty or fifty Forc'd-Meat Balls, and Lemon par'd and ſliced; put in a Quarter of a Pint of Gravy, half a Pint of ſtrong Broth, and half a Pint of White Wine; cover it with Puff-paſt and bake it.

## *A* Florendine *of a* Kidney *of* Veal.

YOU muſt ſhred the Kidney, Fat and all, with a little Spinach, Parſley, and Lettuce, three Pippins, and ſome Orange Peel; ſeaſon with Spice and Sugar; Put in a good Handful of Currants, two or three grated Biskets, Canary or Orange-Flower-Water, and two or three Eggs, mix them well together, put them into a Diſh covered with Puff-paſte, lay on the Lid and garniſh the Rim.

*A* Tanzey.

## *A* Tanzey.

TAKE a Peck of Spinach, and a little Tanzey, and about three Quarters of a Pint of Cream, fifteen Eggs, and take out five of the Whites, and take a ſmall Nutmeg grated, and a Penny Loaf grated, or ſomething more if it be ſmall, and near a Quarter of a Pound of Sugar; ſtrain your Eggs, and ſift your Bread, and when you have mix'd all together, butter a Skillet, and ſet it over a ſoft Fire, and ſtir it 'till you think it is pretty thick, then have ready your Frying-pan, over a ſlow Fire, for fear of burning, with a Bit of Butter melted, and pour in your Tanzey, and ſtir it all one Way, 'till you think it will be ſtiff enough, then flat it down cloſe with your Spoon, and let it ſtand ſtill a little while to grow together, only ſhake it a little ſoftly, to keep it from ſcorching, and turn it with a Pie-plate and it will ſoon be enough.

## *Another* Tanzey.

BEAT ten Eggs very well and put them to a Pint of Cream, ſeaſon'd with Nutmeg, Sugar and Salt, then green it with Spinach and a Bit of Tanzey; as ſoon as you put the Juice of the Herbs to it, with which you muſt make it very green, ſet it over the Fire, the Skillet being firſt butter'd, and when it is thickened enough, have a Diſh ready to put it in, and bake it.

## *Another* Tanzey.

GRATE half a Pound of Naples Biskets, then take eighteen Eggs, half the Whites, one Nutmeg grated, put the Sugar to the Eggs, and ſtrain it to your Bisket;

with four or five Spoonfuls of Sack, and half a Pint of Cream; then colour it with the Juice of Spinach, or green Wheat, and a little Tanzey; then take a Sauce-pan and butter it well, and put your Tanzey in it and keep it ſtirring over Charcoal or Wood-Coal, till it be very thick; then have a Diſh juſt big enough for it, and that muſt be butter'd every where, or it will ſtick and melt the Diſh; then put your Stuff in the Diſh over the Coals, with a gentle Fire, not to bubble, but to harden; cover it with a Butter-pan, and when it is enough turn it on the Plate, and ſet that on the Coals. When it is enough, ſerve it up with Orange quarter'd, and ſtrew'd Sugar.

## *Another* Tanzey.

TAKE nine Eggs, but half the Whites, and beat them well together, put refin'd Sugar to them, and ſtrain it; then add half a Pint of Cream, and as much Juice of Spinach, or Wheat, as will colour it; with a little Tanzey, two Naples Biskets grated, a Nutmeg, and ſix Spoonfuls of Sack; let the Biskets ſoak ſome time, then take your Sauce-pan, and put in ſome Butter, and warm it over the Fire, and do it round the Sauce-pan; then put in the Stuff and ſtir it over a Charcoal Fire; when it is thick enough, put it into a Diſh that will juſt hold it, and cover it with a Plate, and put it over your Stoves, not to boil, but harden. When you think it is ſtiff enough, turn it on the Plate and ſerve it.

White

## White Pot.

TAKE three Pints of new Milk, or Cream, the Yolks of five Eggs, two Whites, beat your Eggs with a little Roſe Water, Nutmeg, two or three Spoonfuls of white Sugar, ſlice half a white Loaf very thin in the Milk, and when 'tis a little ſteeped, break it with your Hands; then put in your beaten Eggs and break it a little more; then put in a little Bit of Sweet Butter on the Top, or Marrow if you pleaſe; ſcatter a few Raiſins on the Top, you may put Puff-paſte round the Diſh; Bake it half an Hour in a ſlow Oven.

## *A* Rice White Pot.

BOIL a Pound of Rice in two Quarts of Milk, 'till it is tender and thick, then beat it well in a Mortar with a Quarter of a Pound of blanch'd Almonds, then boil two Quarts of Cream with Crumb of white Bread and Blades of Mace, mix all together with the Yolks of eight Eggs, ſome Roſe Water, and ſweeten it with Sugar to your Palate; cut ſome candy'd Orange and Citron Peels thin and lay it in when it is in the Oven. Let not the Oven be too hot, for if it be it will ſoon ſpoil.

## Pancakes.

GET two Quarts of fine Flour, and half a dozen Eggs, leaving out half the Whites; ſeaſon it with Cinnamon, Cloves, Mace, Nutmeg, and a little Salt; make it into a Batter with Milk; beat and mix it all together, and put in half a Pint of Sack; put your Pan on the Fire with ſome Butter, and when it is hot, put in your Batter, and run it thin

thin over the Bottom of your Pan, ſupplying it with little Bits of Butter; toſs it very often, and bake it criſp and brown.

### Pancakes Royal.

TAke half a Pint of Cream, half a Pint of Sack, the Yolks of eighteen Eggs, and half a Pound of fine Sugar, ſeaſon it with beaten Cinnamon, Nutmeg and Mace; beat and mix all theſe; then put in as much Flour as will make it ſtiff enough to run thin over your Pan; let your Pan be hot, and fry them in clarify'd Butter. This Sort of Pancakes will not be criſp, but are very good.

### *Another Sort of* Pancakes.

TAKE a Pint of Cream, and eight Eggs, Whites and all, a whole Nutmeg grated, and a little Salt; then melt a Pound of rare Diſh Butter, and a little Sack: Before you fry them, ſtir it in, it muſt be made as thick with three Spoonfuls of Flour, as ordinary Batter, and fried with Butter in the Pan, the firſt Pancake but no more: Strew Sugar, garniſh with Orange, turn it on the Back-ſide of a Plate.

### Rice Pancakes.

HAving a Quart of Cream, and three Spoonfuls of Flour of Rice, boil it 'till it is as thick as Pap, and as it boils, ſtir in half a Pound of Butter, a Nutmeg grated; then pour it out into an earthen Pan, and when it is cold, put in three or four Spoonfuls of Flour, a little Salt, ſome Sugar, nine Eggs well beaten, mix all well together, and fry them in a little Pan, with a ſmall Piece of Butter. Serve them up four or five in a Diſh.

*To*

*To make fine* Pancakes *fried without Butter or Lard.*

TAKE a Pint of Cream, and ſix new laid Eggs; beat them very well together, put in a Quarter of a Pound of Sugar, one Nutmeg, or a little beaten Mace, and ſo much Flour as will thicken all as much as ordinary Pancake-Batter: Your Pan muſt be heated reaſonably hot, and whiped with a clean Cloth; that done, put in your Batter as thick or thin as you pleaſe.

Fritters.

WE take of the fineſt Flour well dried before the Fire, mix it with a Quart of new Milk, not too thick, ſix or eight Eggs, a little Nutmeg and Mace; a little Salt, Sack or Ale, beat them well together, make it pretty thick with Pippins, ſo fry them dry.

*Another Sort.*

PUT to half a Pint of thick ſweet Cream, four Eggs well beaten, a little Brandy, ſome Nutmeg and Ginger; make this into a thick Batter with Flour: Your Apples muſt be Golden-Pippins, pared and cut in thin Slices, dip them in the Batter, and fry them in Lard: It will take up two Pounds of Lard to fry this Quantity.

Apple Fritters.

BEAT the Yolks of eight Eggs, the Whites of four, well together, and ſtrain them into a Pan; then take a Quart of Cream, warm it as hot as you can indure your Finger in it; then put to it a Quarter of a Pint of Sack, three Quarters of a Pint of Ale, and make a Poſſet of it; when your Poſſet is cool, put to it your Eggs, beating them well

well together; then put in Nutmeg, Ginger, Salt, and Flour to your liking: Your Batter ſhould be pretty thick; then put in Pippins ſliced or ſcraped; fry them in good Store of hot Lard with a quick Fire.

## Curd Fritters.

HAving a Handful of Curds, and a Handful of Flour, and ten Eggs well beaten and ſtrained, ſome Sugar, and ſome Cloves, Mace, and Nutmeg, a little Saffron, ſtir all well together, and fry them in very hot Beef Dripping; drop them in the Pan by Spoonfuls, ſtir them about 'till they are of a fine Yellow-brown; drain them from the Sewet, and ſcrape Sugar on them, when you ſerve them up.

## Fritters Royal.

YOU muſt take a Pint of Sack, make a Poſſet with new Milk; then take the Curd from the Poſſet, and put it into a Baſon, with half a Dozen Eggs; ſeaſon it with a little Nutmeg, beat it with a Wisk very well together, adding Flour to make it as thick as Batter uſually is for that Purpoſe; put in ſome fine Sugar, and fry it in clarify'd Beef Sewet; make it hot in the Pan before you put it in: Serve it for a Side-Diſh, or a ſecond Courſe Diſh.

## Skirret Fritters.

WE take a Pint of the Pulp of Skirrets, and a Spoonful of Flour, the Yolks of Eggs, Sugar and Spice; make it into a thick Batter, then fry them out in Fritters, and ſerve them for a Side-Diſh.

White

## White Fritters.

HAving ſome Rice, waſh it in five or ſix ſeveral Waters, then dry it very well before the Fire: After this pound it well in a Mortar, and ſift it through a Lawn Sieve, that it may be very fine; you muſt have at leaſt an Ounce of it. Then put it into a Sauce-pan, and wet it with Milk, and when it is well incorporated with it, add to it another Pint of Milk; ſet the whole over a Stove, and take Care to keep it always moving: We likewiſe put to it the Breaſt of a roaſted Pullet, minced very ſmall, a little Sugar, ſome candied Lemon Peel grated, and keep it over the Fire 'till it is almoſt come to the Thickneſs of a fine Paſte. Flour a Peel very well, pour it out upon it, and ſpread it abroad with your Rolling-pin: When it is quite cold, cut it in little Morſels, taking Care that they ſtick not to one another; flour your Hands, roll up your Fritters very handſomely, and fry them in Hog's Lard. When you are going to ſerve, put to them a little Orange-Flower-Water; and ſtrew ſome Sugar upon them; ſo ſerve in Plates or little Diſhes: They may ſometimes be uſed for garniſhing.

## Water Fritters.

PUT into a Sauce-pan ſome Water, a Bit of Butter as big as a Walnut, a little Salt, and ſome candied Lemon-Peel, minced very ſmall. Make this boil over a Stove, then put in two good Handfuls of Flour, and turn it about by main Strength, 'till the Water and Flour be well mixed together, and none of the laſt ſtick to the Sauce-pan; then take it off the Stove, put into it the Yolks of two Eggs,

mix them well with it, continuing to put in more Eggs by two and two at a Time, 'till you have put in ten or twelve, and your Paſte be very fine. Then dudge a Peel thick with Flour, and dipping your Hand into Flour, take out your Paſte Bit by Bit, and lay it on the Peel; when it has lain a little while roll it, and cut it into little Pieces, taking Care that they ſtick not to one another a little before you are going to ſerve, fry them in Hog's Lard, and when you have laid them in the Diſh, throw ſome Sugar and Orange-Flower-Water upon them and ſerve them in Plates or little Diſhes.

We make Broth Fritters the ſame Way, only make uſe of Broth inſtead of Water.

## *Syringed* Fritters.

TAKE about a Pint of Water, and a Bit of Butter, the Bigneſs of an Egg, with ſome green Lemon Peel raſp'd, preſerved Lemon Peel, and criſp'd Orange-Flowers, put all together in a Stew-pan over the Fire, and when boiling, throw in ſome fine Flour, keep it ſtirring, put in it by Degrees more Flour 'till your Batter be thick enough: Then put it in a Mortar with Almonds pounded, or Bitter Almonds, Biſkets, two Eggs Yolk and White; Temper it with Eggs farther 'till your Batter be thin enough to be ſyringed. Fill your Syringe, and your Hog's Lard being hot, ſyringe your Fritters in it, to make of it a true Lover's Knot; and being well coloured, ſtrew them with Sugar; ſerve them up hot for a dainty Diſh.

At another Time you may rub a Sheet of Paper with Butter, over which you ſyringe your Fritters, and make them in what Shape you pleaſe, and your Hog's Lard being

being hot, turn the Paper upside down over it, and your Fritters will eaſily drop off. When fried ſtrew them with Sugar and glaze them.

## Vine Leaf Fritters.

TAKE the ſmalleſt Vine Leaves you can get, and having cut off the great Stalk, put them in a Diſh with ſome *French* Brandy, green Lemon raſped and ſome Sugar. Put in a Stew-pan a good Handful of fine Flour mixed with ſome White Wine or Beer; Then put in your Vine Leaves, and fry them immediately, place one after another in the Hog's Lard; ſee they do not ſtick together. Let them be pretty well coloured when fried and ſtrewed with Sugar and glazed with a red hot Fire-ſhovel.

## *A Fraze with* Pippins.

CUT eight Pippins in pretty thick Slices, and fry them in Hog's Lard, or clarify'd Butter; when they are tender, lay them on a Sieve to drain the Fat from them; then take four Eggs, keeping out two Whites, beat them up with ſome Flour, half a Pint of Cream, a little Salt and ſome Sugar; then put into your Batter a little Butter; fry half of it at a Time, and when it is fried a little, put your fried Pippins thick all over it. When enough, fry the other alſo, ſo ſerve them on ſmall Diſhes, ſtrew'd over with ſome good Sugar.

## *Another* Pippin Fraze.

YOU muſt pare a Dozen Pippins, cut them in thick Slices, and fry them in clarified Butter; when they are tender, lay them to drain, keep them as whole as you

can; then make a Batter as follows: Take five Eggs, leaving out two Whites, beat them up with Cream and Flour, a little Salt, some Nutmeg and Sugar; make it the Thickness of Pancake-Batter, and put in melted Butter; pour half your Batter into your Pan, and place your Apples all over it, then pour in the other half of your Batter, bake it thoroughly, and of a fine Colour; ſtrew over it some double refined Sugar, and ſerve it.

## An Almond Frize.

GET a Pound of Jordan Almonds, blanch them, and ſteep them in a Pint of ſweet Cream, ten Yolks of Eggs and four Whites; having beat your Almonds in a Stone Mortar, put in Sugar and grated White Bread, ſtir them well together; fry them with good Butter, keeping them ſtirring in the Pan till they are of a good Thickneſs, and when it is done enough, ſtrew over it good fine Sugar, and ſerve it.

## Black Caps.

HAving twelve good Apples, cut them in two, and take out the Cores; place them on a Tin Patty-pan, with their Skins on; put to them four Spoonfuls of Water, and ſcrape double refin'd Sugar over them: Set them in a hot Oven 'till the Skins are black a little in the Middle, and the Apples tender, which will be in about three Quarters of an Hour, and diſh them up: Scrape a little fine Sugar over them again.

Pain-

### Pain Perdu, or Cream Toasts.

HAving two *French* Rolls, cut them in Slices as thick as your Finger, Crumb and Crust together, lay them on a Dish, put to them a Pint of Cream, and half a Pint of Milk, strew them over with beaten Cinnamon and Sugar, turn them frequently till they are tender; but take Care not to break them, then take them from the Cream, with a Slice, break four or five Eggs, turn your Slices of Bread in the Eggs, and fry them in clarified Butter, make them of a good brown Colour, not black; scrape a little Sugar on them.

They may be served as a second Course Dish, but best for Supper.

## CHAP XXIV.

### *Of* PASTRY.

### Puff-paste.

LAY down a Pound of Flour, break into it two Ounces of Butter and two Eggs, then make it into Paste with cold Water, then work the other Part of the Pound of Butter to the Stiffness of your Paste, then roll out your Paste into a square Sheet, stick it all over with Bits of Butter, flour it, and roll it up like a Collar; double it up at both Ends that they meet in the Middle, roll it out again as aforesaid, till all the Pound of Butter is in.

Paste

### Paſte *for a* Paſty.

LAY down a Peck of Flour, work it up with ſix Pounds of Butter and four Eggs, with cold Water.

### Paſte *for a high* Pye.

LAY down a Peck of Flour, and work it up with three Pounds of Butter melted in a Sauce-pan of boiling Liquor, and make it into a ſtiff Paſte.

### Paſte Royal *for* Patty-pans.

LAY down a Pound of Flour and work it up with half a Pound of Butter, two Ounces of fine Sugar and four Eggs.

### Paſte *for a* Cuſtard.

LAY down Flour and make it into a ſtiff Paſte, with boiling Water, ſprinkle it with cold Water to keep it from craking.

## *PIES.*

### *A ſavoury* Lamb Pie.

SEASON your Lamb with Pepper, Salt, Cloves, Mace and Nutmeg; ſo put it into your Coffin with a few Lamb's Stones and Sweetbreads, ſeaſoned as your Lamb, alſo ſome large Oyſters, and ſavoury Forc'd-Meat-Balls, hard Yolks of Eggs, and the Tops of Aſparagus two Inches long, juſt boiled green; then put Butter all over the Pie, and lid it, and ſet it in a quick Oven an Hour and an half; then make the Liquor with Oyſter Liquor, as much Gravy,

Gravy, a little Claret, with one Anchovy in it, a grated Nutmeg. Let theſe have a Boil, thicken it with the Yolks of two or three Eggs, and when the Pie is drawn pour it in.

*Another Sort.*

AFTER you have cut your Hind-Quarter of Lamb into thin Slices, ſeaſon it with ſavoury Spice and lay them into the Pie, alſo lay in an hard Lettuce, Artichoke Bottoms, and the Tops of an hundred of Aſparagus, lay Butter over them. Cloſe up the Pie, bake it, and when it comes out of the Oven pour in a Lear.

*A ſweet* Lamb Pie.

AFTER cutting your Lamb into ſmall Pieces, ſeaſon it with a little Salt, Cloves, Mace and Nutmeg: Your Pie being made, put in your Lamb or Veal, ſtrew on it ſome ſtoned Raiſins, Currants, and ſome Sugar, then lay on it ſome Forced-Meat-Balls made ſweet, and in the Summer ſome Artichoke Bottoms boiled, and ſcalded Grapes in the Winter. Boil *Spaniſh* Potatoes cut in Pieces, candy'd Citron, candy'd Orange and Lemon Peel, and three or four large Blades of Mace; put Butter on the Top, cloſe up your Pie and bake it. Make the Cauble of White Wine, Juice of Lemon and Sugar, thicken it up with the Yolks of two or three Eggs, and a Bit of Butter; and when your Pie is baked, pour in the Cauble as hot as you can, and ſhake it well in the Pie and ſerve it up.

A Mutton

### *A* Mutton Pie.

GET a Loin of Mutton, &c. cut it into Steaks, ſeaſon them with ſavoury Spice, lay them in the Pie, and put on ſome Butter, cloſe it, bake it, and when it comes out of the Oven, chpp a Handful of Capers, Cucumbers and Oyſters, in Gravy, an Anchovy and drawn Butter, and put it in.

### *A* Veal Pie.

AFTER cutting the beſt Part of a Leg of Veal into thin Slices, beat it with a Rolling-pin, ſeaſon them with Salt, Pepper, Cloves, and Mace; then cut a Pound of Bacon into thin Slices, roll them up one by one, with a Slice of Veal in the Middle; then put them in a Diſh, with two or three Anchovies, two Shalots, a few Oyſters, ſome Forced-Meat-Balls, and a ſliced Lemon with the Peel off, add half a Pint of White Wine, half a Pint of good Broth, ſome Gravy and Butter; cover it with Puff-paſte, and bake it in a gentle Oven.

### *Another Sort.*

AFTER cutting a Fillet of Veal into three Pieces, ſeaſon it with Pepper, Salt, Spice and Herbs; raiſe your Pie, and cover the Bottom of it with Forced-Meat; then lay in your Veal, and Sweetbreads round it, with ſome Aſparagus Tops, Muſhrooms, Truffles, and pounded Bacon; then lid your Pie, and bake it; cut it open juſt before you ſerve it, ſkim off all the Fat, and pour in a good Cullis of Veal.

*A* Lamb

## *A* Lamb Pie *the* German *Way.*

CUT a Quarter of Lamb in Pieces, and lard them with ſmall Lardoons, ſeaſon them with Salt, Pepper, Nutmeg, Cloves, Bay Leaf, pounded Bacon, Cives and ſavoury Herbs, put them into Paſte, and bake them three Hours: Then draw your Pie, cut it open, take off all the Fat, pour into it a Ragoo of Oyſters, and ſerve it hot for the firſt Courſe.

## *A* Veal Paſty.

WE take a Quarter of a Peck of fine Flour, and a Pound of Butter, break the Butter into Bits, put in Salt and half an Egg, and as much cold Cream or Milk as will make it into a Paſte: Make your Sheet of Paſte, bone a Breaſt of Veal, ſeaſon it with Salt and Pepper. Lay Butter in the Bottom of your Paſte; lay in your Veal. Put in whole Mace, and a Lemon ſliced thin, Rind and all; cover it with Butter, cloſe it up and bake it; when it comes out of the Oven cut it up, heat ſome White Wine, Butter, the Yolks of Eggs and Sugar. Pour this into the Paſty and ſerve it up.

## *A* Dowlet Pie.

PArboil or roaſt your Veal, then cut it ſmall with Sweet Herbs, and Beef Sewet; then put ſome into it ſeaſoned with Sugar, Nutmeg and Cinnamon if you like it; then beat as many Eggs as will wet it; then make it like Eggs, and ſtick a Date in the Middle of each of them, and lay them in a Pie, and put ſome dried Plumbs over them, and if in the Time of Year, put in ripe Plumbs;

then take White Wine, Sugar and Butter, and pour it in a little before you draw it; ſcald the Wine, and give it a Shake or two together; ſo ſerve it.

### *A Steak Pie, with a French Pudding in it.*

SEASON your Steaks with Pepper and Nutmeg, and let 'em ſtand an Hour in a Tray, then take a Piece of the leaneſt of a Leg of Mutton, and mince it ſmall with Sewet and a few Sweet Herbs, Tops of young Thyme, a Branch of Penny-royal, two or three of red Sage, grated Bread, Yolks of Eggs, ſweet Cream, and Raiſins of the Sun; work all together ſtiff with your Hand like a Pudding, roll them round like Balls, and put them into the Steaks in a deep Coffin with a Piece of ſweet Butter; ſprinkle a little Verjuice on it, bake the Pie and cut it up: Afterwards, having rolled Sage Leaves, fry them, and ſtick them upright in the Walls; and ſerve your Pie without a Lid, with the Juice of an Orange or Lemon.

### Calves Foot Pie.

YOUR Calves Feet muſt be boiled, cut into Halves, and clear'd from the Bones: That done, you are to lay a Layer of Butter in the Bottom of the Pie, then a Layer of Calves Feet; upon that, Raiſins of the Sun ſton'd and cut ſmall; over thoſe, another Layer of Calves Feet, then Raiſins of the Sun order'd as before, with Currants, Orange, Lemon and Citron Peel ſliced thin, a few beaten Cloves, Mace, Nutmeg, a little fine Sugar and Salt: Afterwards the Yolks of ſix boil'd Eggs are to be chopp'd and ſtrew'd on the Top, with a Layer of Butter.

To

### *To make a* Calf's Chaldron-pie.

GET a Calf's Chaldron, parboil it and ſet it by to cool; when 'tis cold, chop it very fine with half a Pound of Marrow; ſeaſon it with Salt, beaten Cloves, Mace, Nutmeg, a little Onion and Lemon-Peel ſhred ſmall; add alſo the Juice of half a Lemon, and mingle all together. Then make a Piece of Puff-paſte, and lay a Leaf of it in a ſilver Diſh of a convenient Bigneſs; put in your Meat, cover it with another Leaf of the ſame Paſte, and bake it. As ſoon as it is drawn, open it and ſqueeze in the Juice of two or three Oranges; ſtir all well together, cover your Pie again, and let it be ſerv'd up.

### *A* Calf's Head Pie.

BOIL your Calf's Head till you can take out all the Bones, then cut it into thin Slices and lay it in the Pie, with the Ingredients for ſavoury Pies.

### *Another Sort.*

CLEANSE and waſh the Head well, boil it for three or four Quarters of an Hour, cut off the Fleſh in Bits, of the Bigneſs of Walnuts, blanch the Tongue, and ſlice it; Parboil a Quart of Oyſters and beard them; take the Yolks of ten or twelve Eggs: Intermix ſome thin Slices of Bacon with Meat; put an Onion, cut ſmall in the Bottom of the Pie, ſeaſoning it with Salt, Pepper, Nutmeg, and Mace; lay Butter on the Bottom, put in your Meat, cloſe up the Pie, and put in a little Water; when it is baked take off the Lid; take off the Fat, and put in a Lear of thick Butter, Mutton Gravy, a Lemon pared and ſliced,

with two or three Anchovies diſſolved. Let them ſtir ſtew together a little while, cut the Lid in handſome Pieces, lay it round the Pie and ſerve it up.

## *A Lumber Pie.*

GET a Pound and half of Veal, juſt ſcalded; mince it very ſmall, with Beef Sewet the like Quantity; then take ſome grated Bread, ſome Mace, Nutmeg, Cinnamon, and Sugar, Roſe Water, Eggs and Currants; then fill your Pie, laying ſome Marrow, Sweetmeats, and Lemon; then lid your Pie, and when it's bak'd, make a Caudle with White Wine, and the Yolks of two Eggs, and ſweeten'd with Sugar. You muſt be ſure to put in Marrow enough.

## *Another Way.*

HAving a Pound and an half of a Fillet of Veal, mince it with the ſame Quantity of Beef Sewet; ſeaſon it with Mace, Nutmeg, Sugar, Cinnamon and Salt; five Pippins ſliced, a Handful of Spinach and a hard Lettuce, Thyme and Parſley; mix it well with a Penny white Loaf grated, the Yolks of three Eggs, a little Sack and Orange-Flower-Water, a Pound and an half of Currants, with what Preſerves you pleaſe, and a Caudle.

## *Another Way.*

GET a Pound and an half of Veal, parboil it, and when it is cold, chop it very ſmall, with two Pounds of Beef Sewet, and ſome candied Orange Peel; ſome Sweet Herbs, as Thyme, Sweet Marjoram, and a Handful of Spinach; mince the Herbs ſmall before you put them

them to the other: So chop all together, and a Pippin or two; then add a Handful or two of grated Bread, a Pound and an half of Currants, waſhed and dried; ſome Cloves, Mace, Nutmeg, a little Salt, Sugar and Sack, and put to all theſe as many Yolks of raw Eggs and Whites of two as will make it a moiſt Forced-Meat; work it with your Hands into a Body, and make it into Balls as big as a Turkey's Egg; then having your Coffin made, put in your Balls. Take the Marrow out of three or four Bones as whole as you can: Let your Marrow lie a little in Water to take out the Blood and Splinters; then dry it and dip it in Yolks of Eggs; ſeaſon it with a little Salt, Nutmeg grated, and grated Bread; lay it on and between your Forc'd-Meat Balls, and over that, ſliced Citron, candied Orange and Lemon, Eringoe-Roots preſerved, Barberries; then lay on ſliced Lemon, and thin Slices of Butter over all; then lid your Pie, and bake it; and when it is drawn, have in Readineſs a Caudle made of White Wine and Sugar, and thickened with Butter and Eggs, and pour it hot into your Pie.

## *A* Stump Pie.

WE take a Leg of Lamb from the Bones, and mince it ſmall with a good Quantity of Sweet Herbs, and a good Quantity of Currants, grated Nutmeg and Salt; ſeaſon it to your liking, and mix it with two or three Yolks of Eggs, beat with Sack or White Wine; then lay it cloſe in the Pie, and lay on the Top either Fruit or Sweetmeats; do not bake it too much, and when it is baked cut it up, and put in Verjuice and Sugar, or White Wine; make it hot before you put it in, then lay on the Lid, and ſerve it.

### *An* Umble Pie.

GET the Umbles of a Deer, parboil them, clear off all the Fat from them, take ſomething more than the Weight of Beef Sewet, and ſhred it together; then add half a Pound of Sugar, ſeaſon with Salt, Cloves, Mace and Nutmeg; add half a Pint of Claret, a Pint of Canary, and two Pounds of Currants waſhed and picked, mix all well together, and bake them in Puff or other Paſte.

### *A* Battalia Pie.

YOU muſt take four tame Pigeons truſſed, and four Ox-Palates well boiled, blanched and cut into ſmall Pieces; alſo ſix Lambs Stones, as many good Veal Sweetbreads, cut in halves and parboiled, twenty Cocks-Combs boiled and blanched, the Bottoms of four Artichokes, a Pint of Oyſters parboiled and bearded, and the Marrow of three Bones; ſeaſoning all with Mace, Nutmeg and Salt: Afterwards lay your Meat in a Coffin of fine Paſte proportionable to the Quantity thereof; put half a Pound of Butter upon it, and a little Water into the Pie, before it be ſet in the Oven: Let it ſtand in the Oven an Hour and a half; then having drawn it, pour out the Butter at the Top of the Pie, and put into it a Lear of Gravy, Butter, and Lemons, and ſerve it up.

### *Another Way.*

TAKE young Chickens, ſquab Pigeons, young Partridges, Quails and Larks; truſs them, and lay them in the Pie; take Ox-Palates, boil them, blanch them, and cut them in Pieces, Sweetbreads and Lamb Stones, cut them

them in Halves or Quarters, Cocks-Combs blanched, a Pint or Quart of Oyſters dredged over with grated Bread and Marrow, add Sheeps Tongues boiled, blanched and cut in Pieces, beat Pepper, Salt, Cloves, Mace and Nutmeg all together; ſeaſon with this. Lay Butter on the Bottom of the Pie, and place the reſt in with the Yolks of hard Eggs, Knots of Eggs, Cocks Stones and Treads and Forced-Meat-Balls. Cover up the Pie, and when you ſet it into the Oven, put in five or ſix Spoonfuls of Water, and when it comes out of the Oven, pour it out and put in Gravy.

*Another Way.*

YOU muſt take two ſmall Chickens, two ſquab Pigeons, two ſucking Rabbits, cut them in Pieces, ſeaſon them with ſavoury Spice, and lay them in the Pie; add two Sweetbreads ſliced, two Sheeps Tongues, a ſhivered Palate, a Pair of Lamb's Stones, ten or fifteen Cocks-Combs, with ſavoury Balls and Oyſters. Lay on Butter and cloſe the Pie. Put a Lear in it.

*A Cheſhire Pork-Pie.*

YOU muſt take ſome ſalt Loin of Pork, or of the Leg, and cut it into Pieces like Dice, or as you would do for an Harſh. If it be boiled or roaſted it is no Matter; then take an equal Quantity of Potatoes, and pare them, and cut them into Dice, or in Slices. Make your Pie-Cruſt, and lay ſome Butter in Pieces, at the Bottom, with ſome Pepper and Salt, then put in your Meat and Potatoes, with ſuch Seaſoning as you like, but Pepper and Salt commonly, and on the Top ſome Pieces of Butter.

Then

Then cloſe your Pie, and bake it in a gentle Oven, putting in about a Pint of Water, juſt before it is going into the Oven; for if you put in your Water over Night, it will ſpoil your Pie.

### *A* Devonſhire Squab-Pie.

HAving ſheeted a Diſh with Puff-paſte, put at the Bottom a Layer of ſliced Pippins with ſome Sugar; upon that put a Layer of Mutton Steaks, cut from the Loin well ſeaſoned with Pepper and Salt, ſtrew ſome more Slices of Pippins upon that, and over them ſtrew ſome Onions, ſhred ſmall; repeat theſe 'till your Pie is full to the Top, then cloſe it, having put in about half a Pint of Water, and bake it.

### *A* Shropſhire-Pie

CUT a couple of Rabbits into Pieces, ſeaſon them well with Pepper and Salt; then cut ſome Pieces of fat Pork, and ſeaſon them in like Manner. Lay theſe into your Cruſt, with ſome Pieces of Butter, upon the Bottom Cruſt, and cloſe your Pie. Then pour in half a Pint of Water and red Wine mix'd, and bake it. Some will grate the beſt Part of a Nutmeg upon the Meat, before they cloſe the Pie, which is a good Way. It muſt be ſerved hot.

### *Another Way.*

YOU muſt take Rabbits and Pork, cut and ſeaſoned as above; then make a Farce of the Rabbits Livers, parboiled, and ſhred ſmall; ſome fat Bacon ſhred ſmall, ſome ſweet Marjoram powdered, ſome Pepper and Salt, and

and made into a Paſte, with the Yolks of Eggs beaten; and then make this into Balls, and lay them in your Pye, amongſt the Meat at proper Diſtances. Then take the Bottoms of three or four Artichokes boiled tender and cut in Dice; and lay theſe likewiſe amongſt the Meat: Put in alſo ſome Cocks-Combs blanch'd; then cloſe your Pye, and pour in as much Wine and Water as you think convenient. Bake it and ſerve it hot.

## *A* Veniſon Pye.

WHEN you have raiſed a high Pye, ſhred a Pound of Beef Sewet and lay it in the Bottom, cut the Veniſon in Pieces and ſeaſon it with Pepper and Salt, lay it on the Sewet, lay Butter on the Veniſon, cloſe up the Pye and let it ſtand in the Oven for ſix Hours.

## *A* Veniſon Paſty.

LAY down half a Peck of Flour, put to it four Pounds of Butter, beat eight Eggs, and make the Paſte with warm Water; bone the Veniſon, break the Bones, ſeaſon them with Salt and Pepper and boil them, with this fill up the Paſty when it comes out of the Oven: Take a Pound of Beef Sewet, cut it into long Slices, ſtrew Pepper and Salt upon it; lay the Veniſon in, ſeaſoned pretty high with Salt and black Pepper bruis'd; ſet Pudding Cruſt round the Inſide of the Paſty, and put in about three Quarters of a Pint of Water: Lay on a Layer of freſh Butter and cover it. When it comes out of the Oven, pour in the Liquor you have made of the Bones boiled, and ſhake all well together.

## *Another* Veniſon Paſty.

HAving ſix Pounds of potted *Cambridge* Butter, rub it into a Peck of Flour, but do not rub in your Butter too ſmall; then make it into a Paſte with warm Water: Then butter your Pan well, and when your Paſte is rolled out thick, lay it in the Paſty-pan, preſerving only enough for the Lid. The *Cambridge* Butter is mentioned, becauſe it is a little ſalt, or elſe, if you uſe freſh Butter, there ſhould be ſome Salt put in the Paſte. When that is prepared take a Side of Veniſon, and take off the Skin, as cloſe as can be, and take the Bones out quite free from the Fleſh; then cut this through length-ways, and cut it croſs again, to make four Pieces of it, then ſtrew theſe Pieces with Pepper and Salt, well mix'd, at Diſcretion: And after having laid a little of the Pepper and Salt at the Bottom of the Paſty, with ſome Pieces of Butter; then lay in your Pieces of Veniſon, ſo that at each Corner the Fat may be placed; then lay ſome Butter over it, in Pieces, and cloſe your Paſty. When it is ready for the Oven, pour in about a Quart of Water, and let it bake from five o' Clock in the Morning 'till one, or from ſix 'till two in the Afternoon, in a hot Oven: And at the ſame Time, put the Skin, and Bones broken, with Water enough to cover them, and ſome Salt and Pepper in a glazed earthen Pan, into the ſame Oven; and when you draw the Paſty, pour off as much as you think proper, of the clear Liquor, to put into your Paſty. Serve it hot: It is properly a Diſh for the Side-Board, and the Carver ought always to take the Services of the Paſty from the Corners where the Fat is, to do Honour to the Maſter and his Park.

*A* Kid

## *A* Kid Pye.

CUT your Kid in Pieces, free from Bones, and lard it with Bacon; ſeaſon it with Pepper and Salt, Nutmeg, Cloves and Mace; lay on Butter according to the Bigneſs of your Pye, and cloſe it. When it is baked, take a Quart of *Melton* Oyſters, well dry'd, and fry them brown; toſs them up in half a Pint of White Wine, the Oyſter Liquor, ſome Gravy, and Barberries; thicken it with Eggs and drawn Butter; cut up the Lid, and pour it into the Pye.

## *A* Green-Gooſe Pye.

BONE two fat Green-Geeſe, and ſeaſon them to your liking with Nutmeg, Mace, Pepper, and Salt; lay them on each other, and fill the Sides with young Rabbits; bake them well, and eat them hot or cold.

## *A* Gooſe Pye.

PArboil your Gooſe, and bone it, ſeaſon it with Salt and Pepper, and put it into a deep Cruſt, with a good Quantity of Butter both under and over. Let it be well baked, fill it up at the vent Hole with melted Butter. Serve it up with Bay Leaves, Muſtard and Sugar.

## *A* Giblet Pye.

LET the Gooſe Giblets be ſcalded and well picked; then ſet them over the Fire with juſt Water enough to cover them, ſeaſoning them pretty high with Salt, Pepper, an Onion, and a Bunch of Sweet Herbs. When they are ſtewed very tender, take them out of the Liquor and

ſet them by to cool: Afterwards they are to be put into a ſtanding Pye, or into a Pan with good Puff-paſte round it, a convenient Quantity of Butter, and the Yolks of hard Eggs: Balls of Forced-Meat may alſo be laid over them, leaving a Hole on the Top of the Lid, to pour in half the Liquor the Giblets were ſtewed in, juſt before your Pye is ſet in the Oven.

*A* Pigeon Pye.

TRUSS and ſeaſon your Pigeons with Pepper, Salt, and Nutmeg, lard them with Bacon, and ſtuff them with Forced-Meats; lay on Lambs Stones, Sweetbreads, and Butter, and cloſe the Pye; pour in Liquor made of Claret, Gravy, Oyſter Liquor, two Anchovies, a Faggot of Sweet Herbs, and an Onion; boil this up, and thicken it with brown Butter. This Liquor ſerves for ſeveral other Sorts of Meat and Fowl Pyes.

*Another Way.*

DRAW your Pigeons and truſs them handſomely; then take their Livers, a little Marrow, a few Muſhrooms, ſome of a Fillet of Veal, and Sweet Herbs, of which make your Forced-Meat, and ſtuff the Bodies of your Pigeons therewith, keeping ſome of it to lay under them in the Pye; then raiſe your Pye, ſet it in the Form as uſual, cover the Bottom of it with the Farce, ſeaſon your Pigeons and lay them upon it, cover them with Slices of Veal and Bits of Butter, lid your Pye and ſo bake it; when it is enough cut off the Lid and take out the Veal, pour on a Ragoo of Sweetbreads, Cocks-Combs, and Muſhrooms, ſo ſerve it hot.

*A* Rabbit

## *A* Rabbit Pye.

YOU muſt cut off the Heads of your Rabbits, and the firſt Joint of the Feet, lard them with middling Lardoons, and ſeaſon them with Salt, Pepper and ſome Spices; prepare your Pye, and garniſh the Bottom of it with ſcrap'd Bacon, ſeaſoned as above; cut your Rabbits in two, and place them in your Pye, being firſt ſeaſon'd as before mentioned; cover them with Slices of Veal, and Lards of Bacon; then lid your Pye and ſet it in the Oven; make a Cullis of Veal with ſome Gammon of Bacon cut in Slices, and lay it in the Bottom of a Stew-pan, together with your Rabbits Livers; ſet it over a Stove, and when the Liquor is warm take it out and pound it in a Mortar; when your Cullis begins to ſtick to the Bottom put in ſome melted Bacon with a little Flour, ſtir and moiſten it with Gravy; add a few Cruſts of Bread, and let it ſimmer awhile; then take out your Slices of Bacon and put in your Livers, mix them well in it, ſtrain it into a Sauce-pan, and keep it hot, but don't let it boil. When your Pye is baked cut up the Cover, take out the Veal Slices, and take off all the Fat, place your Pye in the Diſh, pour in the Cullis, and ſerve it.

## *A* Hare Pye.

GET a Hare, cut it in Pieces, break the Bones, and ſeaſon it to your Taſte, and lay it in the Pye with ſliced Lemon, and Butter and cloſe the ſame.

*A* Chicken

### *A* Chicken Pye.

HAving cut your Chickens in Quarters and larded them, take away the Necks, ſinge them and wipe them clean, and parboil them: For your Forc'd-Meat, mince ſome Bacon and a little Marrow, ſeaſoned with Pepper, Nutmeg, Salt and Parſley, and lay it about the Chickens, with a boiled young Lettuce; and when baked, ſerve them with a Caudle. About three Hours bakes it.

### *Another Way.*

BOIL young Chickens in an equal Quantity of Milk and Water; then flea them, and ſeaſon them with Salt, Cloves and Nutmeg. Put Puff-paſte round, and in the Bottom of the Diſh lay a Layer of Butter with Artichoke Bottoms, Veal Sweetbreads and Cocks-Combs, and over them lay the Chickens, with ſome Bits of Butter rolled up in the Seaſoning and ſome Balls of Forced-Meat. Lay on a Lid of Puff-paſte, the Oven muſt not be too hot: While it is baking make the following Caudle: Boil a Blade of Mace in half a Pint of White Wine or Cyder, take it off the Fire and ſlip in the Yolks of two Eggs well beaten, with a Spoonful of Sugar, and a little Bit of Butter rolled up in Flour. Pour in this Caudle when the Pye comes out of the Oven.

### *A* Hen Pye.

TAKE a Hen, cut it in Pieces, ſeaſon it with Savoury Spice, lay it in the Pye with Balls, Yolks of hard Eggs, Slices of Lemon and Butter. Cloſe the Pye, bake it, and when it comes out of the Oven, pour in a Lear thickened with Eggs.

*A* Turky

## *A* Turky Pye.

LET the Turky be boned, ſeaſon it with ſavoury Spice, put it in your Pye with a Couple of Capons or wild Ducks cut in Pieces to fill up the Corners: Lay on Butter and cloſe the Pye. When it is baked and cold, fill it with clarified Butter as muſt be done to all cold Pyes.

## *Another.*

MAKE a good Paſte, bone your Turky and lard it with pretty large Lardoons of Bacon, ſeaſon it with one Ounce of Pepper, two Ounces of Salt, and an Ounce of Nutmegs, if it be to be eaten cold, but if hot, with half the Seaſoning before mentioned: Lay Butter in the Bottom of the Pies, lay in your Turky and put in half a Dozen whole Cloves, then lay on the reſt of your Seaſoning with good Store of Butter; cloſe it up and baſte it over with Eggs, and when it is baked fill up with clarified Butter.

## Duck Pye *to be eaten cold.*

PRepare, parboil, lard, and ſeaſon your Ducks, with Salt, Pepper, ſavoury Herbs, Spice, ſhred Cives, and Parſley. Having made your Paſte, roll a Sheet of it an Inch thick, and of the Largeneſs you intend to make your Pye; rub a Sheet of Paper with Butter, flour a Table, lay the Paper upon it, and the Paſte upon that, raiſe your Pye; and then take ſome minced Cives and Parſley, and pound them in a Mortar with freſh Butter, and ſtuff the Bodies of your Ducks with it, cover the Bottom of your Pye with pounded Bacon, ſeaſoned with Salt, Pepper, Herbs,

Herbs, and Spices. Lay in your Ducks, and fill up the Intervals with ſome of the pounded Bacon; put in one Bay Leaf and cover the whole with Bards of Bacon; lid your Pye with a Sheet of the ſame Paſte, rub it over with an Egg, and ſet it in the Oven; when it begins to grow brown cut a Hole in the Lid to give it Air, and cover it with a Sheet of Paper. Let it bake four or five Hours, then draw it, ſtop up the Hole you made in the Lid, and when the Pye is half cold, turn it up ſide down and let it ſtand in that Manner 'till it is quite cold. When you would ſerve it cut it open, place it in a Diſh with a clean Napkin under it, and ſerve it for a ſecond Courſe.

*A Swan Pye, to be eat cold.*

SKIN and bone your Swan; lard it with Bacon, and ſeaſon it with Pepper, Salt, Cloves, Mace, and Nutmeg, to your Palate, and with a few Bay Leaves powdered; lay it in the Pye; ſtick it with Cloves; lay on Butter and cloſe the Pye: When it is baked and half cold, fill it up with clarified Butter.

*A Pheaſant Pye.*

DRAW your Pheaſants, ſeaſon them with Pepper and Salt to your Taſte; then make a Forced-Meat of Veal, or the Breaſts of Pullets, and ſtuff the Bodies of your Pheaſants with it; then having raiſed your Pye lay a Layer of Butter in the Bottom: Put in your Pheaſants with a Layer of Butter on the Top, and ſome of your Forced-Meat round it that was left when you ſtuffed the Bodies of your Pheaſants; then lid your Pye, and bake it; cut up the Cover after being drawn, and pour into it a Ragoo of Sweetbreads; ſo ſerve it.

Minced

## Minced Pies.

TAKE the beſt Part of a Neat's Tongue parboiled, peel it, cut it in Slices, and ſet it to cool: To a Pound of Tongue put two Pounds of Beef Sewet and Marrow, then chop 'em all together on a Block very fine; to each Pound of Meat put a Pound of Currants, and a Pound of ſton'd Raiſins, chopp'd or cut ſmall; then pound your Spice, which muſt be Cloves, Mace and Nutmeg; ſeaſon it as you like, with Sugar, Orange, Lemon and Citron Peel, ſhred with two or three Pippins; ſqueeze in the Juice of one Lemon, a large Glaſs of Sack, with ſome Dates ſton'd and ſhred ſmall; all theſe being mixed together very well, make your Pies and bake them, but not too much.

### *Another Way.*

BOIL a freſh Neat's Tongue, blanch and mince it, hot or cold, then mince four Pounds of Beef Sewet by itſelf; mingle them together, and ſeaſon them with an Ounce of Cloves and Mace beaten, ſome Salt, half a preſerved Orange, and a little Lemon Peel minced, with a Quarter of a Pound of Sugar, four Pounds of Currants, a little Verjuice and Roſe Water, and a Gill of Sack, ſtir all together and fill your Coffins.

*See the different Shapes and Forms of them at the End this Chapter.*

## *Minced* Pies *with* Eggs.

HAving ten Eggs boiled hard, and cold, ſhred them with one Pound of Beef Suet, ſeaſon it with a little Salt, half an Ounce of beaten Cinnamon, a little Mace, better than a Quarter of a Pound of Sugar, half a Rind of a Lemon, ſhred very ſmall, ſix or eight Dates ſhred ſmall, three Pippins chopp'd ſmall, a Quarter of a Pint of Roſe Water, a Pound and a Quarter of Currants, the Juice of an Orange and a Lemon, and ſome candied Citron and Orange, what Quantity you like.

## *A* Neat's Tongue Pye.

BOIL your Tongues till about half done; blanch and ſlice them, and ſeaſon them with Pepper, Salt, Cloves, Mace and Nutmeg, with ſome Balls, ſliced Lemons, and Butter, and cloſe your Pye; when it is baked take a Pint of Gravy, with Sweetbreads, Palates, and Cocks-Combs, toſſed up, and pour into the Pye.

## *A* Lamb's Stone *and* Sweetbread Pye.

BOIL, blanch, ſlice and ſeaſon them with Pepper, Salt, Nutmeg, and Mace, and lay them in the Pye with ſliced Artichoke Bottoms; butter and cloſe the Pye and pour in a Lear.

## *An* Artichoke Pye.

BOIL Artichokes very well, take the Buttonds, ſeaſon them with a little Mace, add a good Quantity of Butter. Make a Layer at the Bottom of the Pye, put in the Artichokes, ſtrewing on a little Salt and Sugar, alſo

ſome

ſome Pieces of Marrow wrapp'd up in the Yolks of ſome Eggs, with a few Gooſeberries or Grapes: Upon theſe lay ſome Dates, ſome Yolks of hard Eggs, Citron, large Mace, &c. then cover theſe with Butter: Bake it and pour in ſcalded White Wine.

## A Pompion Pye.

WE take about half a Pound of Pompion and ſlice it, a Handful of Thyme, a little Roſemary, Parſley, and Sweet Marjoram ſtripped off the Stalks and chopp'd ſmall; alſo Cinnamon, Nutmeg, Pepper and ſix Cloves, all beaten with ten Eggs: Then mix them, and beat them all together, and put in as much Sugar as you think fit: Fry the whole Compound like a Fraze; let it ſtand till it is cold, and fill your Pye. Afterwards, take Apples ſliced thin round Ways, and lay a Row of the Frazd, and a Layer of Apples, with Currants betwixt the Layers: When your Pye is fitted; and put in a good deal of Sweet Butter before you cloſe it: When the Pye is bakad, take ſix Yolks of Eggs, ſome White Wine or Verjuice, and make a Caudle thereof, but not too thick; cut up the Lid and put it in, ſtir all well together till the Eggs and Pompion are not perceived, and ſo ſerve the Pye up.

## A Potatoe Pye.

HAving boiled the Potatoes, peel them and lay them in the Pye with good Store of Marrow, whole Mace, preſerved Lemon Roots and Stalks, and Citron cut: Cover it with Butter, and when it comes out of the Oven ſcald White Wine and put ſome Sugar in, and give it a Shake or two, and ſend it to the Table.

## FISH and ROOTS.

### A Salt-Fish Pye.

GET a Side of Salt-Fish, or leſs, according to the Bigneſs of your Diſh, and water it well over Night; next Morning put it over the Fire, in a large Pan of Water, and boil it 'till it is fit to eat; then throw it out into cold Water, drain it on a Colander, place it with its Back on your Kitchen-Table, take all the White of your Fiſh clean from the Bones, ſearching the Bones nicely out with your Fingers, and mince it ſmall with your minoing Knife. You muſt take a ſquare Bit of your Salt-Fiſh, as big as your Hand, whole with the Skin on: Then take the Crumb of two *French* Rolls cut in Slices, and boiled up with a Pint of Cream, and a Pint of Milk; break your Bread very ſmall with a Spoon, and put to it your minced Salt-Fiſh, a Pound of Butter, two Spoonfuls of minced Parſley, half a grated Nutmeg, ſome beaten Pepper, but no Salt, except you find your Salt-Fiſh too freſh with the watering and boiling; if you find it too ſalt after you have minced it, you may put in a Quart of cold Milk, and let it lye an Hour; then throw it into a Colander, and ſqueeze it well from the Milk, and ſo ſtir it over the Fire with your above Ingredients: When you find it is of a good Taſte and Thickneſs, ſpread it on a Diſh 'till it is cold. At the ſame Time prepare a raiſed Pye, or a Patty-pan, when it is cold, place it in with your ſquare Piece of Salt-Fiſh on the Top, then cover it up as you do another Pye. If a raiſed Pye, bake it two Hours, if in a Patty-pan, one Hour; When baked, cut up your Cover. If there is any Oil,

skim

skim it off with a Spoon, then throw over it ſix hard Eggs, minced ſmall, pour upon it ſome drawn Butter, and ſhake it together. If you ſee it inclines to be oily, pour round it a little hot Milk, ſhake it together, and ſerve it hot. You may make a Ling or Stock-Fiſh Pye the ſame Way, only inſtead of taking Yolks and Whites for the Saffron Pye, you muſt take nothing but Yolks for the next Morning pu

## A Carp Pye.

LAR'D Carps with Eels, and ſeaſon them with Salt, Pepper, Cloves and Mace, together with ſome Butter; then raiſe your Pye, fill and lid it, bake it in a gentle Oven; when half baked pour in a Glaſs of Wine, and when enough, cut up the Cover, ſkim off the Fat, and pour in a Ragoo of Oyſters; ſo ſerve it.

## A Sole Pye.

YOU muſt take Soles, cut the Fleſh from the Bones, and ſeaſon them with Salt and Pepper; then make a Forc'd-Meat of the Fleſh of Eels, and having raiſed your Pye, lay a Layer of the Forc'd-Meat in the Bottom of it, and then lay in your Soles, with a Layer of Freſh Butter on the Top; then lid your Pye, and bake it in a gentle Oven, with White Bread.

## An Eel Pye.

CUT your Eels in Pieces, and ſeaſon them with Pepper, Salt and Spices; then raiſe your Pye, make a Forc'd-Meat of Fiſh, and lay a Layer of it in the Bottom; then lay in your Eels, put over them a Layer of Butter, lid your Pye, and bake it in a gentle Oven.

A

## A Turbut Pye.

PReparе and raiſe your Pye, and lay a Layer of Butter in the Bottom; then ſeaſon your Turbut with Salt, Pepper and Spices, lard it with Anchovies, and ſo lay them in your Pye; cover it with a Layer of Butter, lid and ſet it in the Oven; when it is baked enough cut it open, skim off the Fat, pour in a Ragoo of Crawfiſh, and ſo ſerve it.

## A Pike Pye.

LArD your Pike with Eels, make a Force-Meat of the Fleſh of Carp, ſome Muſhrooms, Cives and Parſley, ſeaſon'd with Pepper, Salt, Spice, a Piece of freſh Butter, and the Yolks of two Eggs; ſtred all theſe very ſmall together, and put it in the Body of your Pike; raiſe your Pye and garniſh the Bottom of it with freſh Butter; lay in your Pike, having cut it in two, and ſeaſon it with Pepper and Salt; then lay a Layer of Butter on the Top, lid your Pye, and bake it in a gentle Oven.

## A Trout Pye.

LARD your Trouts with Eels, and cut off their Heads; then raiſe your Pye, and lay a Layer of Freſh Butter in the Bottom of it; then make a Farce of Trouts, Muſhrooms, Truffles, Parſley, Cives, and good Butter; ſeaſon it with Salt and Pepper, the Yolks of two raw Eggs and Spices; then ſtuff the Bellies of your Trouts with it; ſeaſon your Trouts with Salt and Pepper, lay them in your Pye, and cover them with good Freſh Butter; lid your Pye, and bake it in a gentle Oven.

An

### *An* Oyſter Pye.

HAVING a Quart of Oyſters, drain them from the Liquor, a Quarter of a Pound of Butter, one Anchovy ſhred ſmall, about a Spoonful of ſhred Parſley, a little Nutmeg and Pepper; then make your Pye, and lay on the Bottom a Layer of Butter and the Parſley aforeſaid; then lay in your Oyſters with ſome Butter, and a ſliced Lemon on the Top; ſtrew over the Oyſters a little Pepper and Nutmeg, then lid your Pye and bake it, and when it is enough draw it; cut up your Lid, and ſqueeze in a Lemon, give it a Shake or two, and ſerve it.

### *Another Way.*

HAVING raiſed your Pye of good Paſte, ſcald your Oyſters in their own Liquor, with White Wine, Spices, Onion and ſavoury, and when they are cold put them into your Pye, with a Layer of Butter under, a Layer of Marrow and hard Eggs, a little Pepper and Salt, Nutmeg, Mace and Barberries, and lay a Layer of Butter on the Top. This Pye muſt be baked in a quick Oven, then cut up your Cover, ſcald White Wine, and pour into it, give it a Shake or two, and ſerve it.

### *A* Salmon Pye.

MAKE Puff-paſte and lay in the Bottom of your Patty-pan; then take the Middle Pieces of Salmon, ſeaſon it high with Salt, Pepper, Cloves and Mace, cut it into three Pieces; then lay a Layer of Butter, and a Layer of Salmon 'till it is laid all out; then make Forc'd-Meat of an Eel, and chop it fine with the Yolks of hard

Eggs,

Eggs, with two or three Anchovies, Marrow and Sweet Herbs, a little grated Bread, a few Oysters if you have them; lay them round your Pye and on the Top, season them with Salt and Pepper, and other Spices as you please.

## A Lobster Pye.

WE boil Lobsters, then take them clean out of the Shells, slice the Tails and Claws thin; season them with Pepper and a little Mace and Nutmeg beat fine; take the Bodies, with some Oysters well wash'd and shred; mix it up with a small Onion finely shred, a little Parsley and a little grated Bread, season it as the rest; then take the Yolks of raw Eggs, to roll it up in Balls; lay all into the Pye, with Butter at the Bottom and the Top of the Fish; Bake it, and pour in Sauce of strong Gravy, Oyster Liquor strained, and White Wine, thickened with the Yolk of an Egg. Then eat it hot.

## *PASTIES.*

### Marrow Pasties.

WE take the Marrow of one Bone, Cinnamon finely sifted, a little Nutmeg, Salt, and Sugar, to your Taste; take two Yolks of Eggs boiled, and rubbed fine, and Lemon Peel cut fine, half an Ounce of candy'd Orange, half an Ounce of candy'd Lemon, half an Ounce of Citron cut, but not too fine, a Quarter of a Pound of plump Currants; mix all these well together, and make it into Pasties, with Puff-paste; close them well up, and fry them in Beef-dripping made very hot and a great deal: Strow Sugar over them.

Kidney

### Kidney Pasties.

FIRST take the Kidnies of Loins of Veal, with the Fat about them, and a little of the Veal; then take Beef Sewet, with the Yolks of Eggs shred all very well together, with Cloves, Mace, Nutmeg and Salt; sweeten them with Sugar and Currans to your liking; mix them all well together; then make your Pasties of Puff-paste, fry them in Hog's Lard or Butter, which you like best; let them be of a fine Colour, and yellow.

### Sweetbread Pasties.

YOU must take parboiled Sweetbreads chopp'd very fine, add thereto some Marrow, or the Fat of a Loin of Veal shred, with grated Bread, the Yolks of two Eggs, a little Cream, Rose Water, Sugar and Nutmeg. Then make Puff-paste with Butter roll'd in the Flour, cold Water, the Yolks of two Eggs, a little Sugar and Rose Water: Roll it out in Form of small Pasties, the Breadth of your Hand, and put in your Compound in order to be fry'd brown or baked.

### Apple Pasties *to fry.*

PARE and quarter Apples, and boil them in Sugar and Water, and a stick of Cinnamon, and when tender, put in a little White Wine, the Juice of a Lemon, a Piece of fresh Butter, and a little Ambergrease or Orange-Flower-Water; stir all together, and when 'tis cold, put it in a Puff-paste and fry them.

## Paſties *for* Garniſhing.

YOU muſt take the Kidney and Fat of a roaſted Loin of Veal, ſhred it ſmall and ſeaſon it with Salt, Cinnamon, Sugar, Mace, a little grated Bread, a little Cream, five Yolks of Eggs, and two Whites and a little Roſe Water, mix all theſe Ingredients well, and put them into little Paſties of Puff-paſte, and fry them in good Store of Sewet or Butter. With theſe you may garniſh your Diſhes of Fiſh, or others.

## Petit Patties *with* Gravy.

MAKE ſome Paſte for ſhort Cruſt and lay it by: Take a Piece of Veal, as big as your Fiſt, as much Bacon, and ſome Beef Sewet, cut in Bits, put it in a Stew-pan, and ſeaſon it with Salt, Pepper, Sweet Herbs and fine Spice; then toſs it up, and mince all together, with ſome Mushrooms, and moiſten it with ſome Cream, or Milk, and put it upon a Plate: Then roll your Paſte, and having forced your Petit Patties one Inch deep, fill them with your Stuffing, and having covered them, colour them with beaten Eggs, and let them be baked. When done, open them at Top, and putting in a little Cullis and Eſſence of Ham, ſerve them up hot.

## Petit Patties *of* Oyſters.

GET as many Oyſters in the Shells as you would make Patties, then mince the Melts and Fleſh of Carps, Tenches, Pikes, and the Fleſh of Eels; ſeaſon all this with Pepper, Salt, pounded Cloves, and White Wine; wrap up your Oyſters in it, of which only one is to be put

put in each Patty, with a little freſh Butter. Bake them and ſerve them hot, either as *Hors d'Oeuvres*, or for garniſhing.

## Petit Patties *the* Spaniſh *Way*.

BLANCH a Piece of fat Bacon, a Piece of Veal, and the Breaſt of a Pullet, in boiling Water; and mince them very ſmall; then ſeaſon it with all Sorts of Spices. Pound it in a Mortar, adding a little Garlick and ſome Rocambole; ſo form your Petit Patties of Puff-paſte, and when they are baked ſerve them as above.

## *A* Patty *of* Lobſters.

YOUR Lobſters being boiled and cut in Pieces, take the ſmall Claws and the Spawn, and pound them in a Marble Mortar; then put to them a Ladle full of Gravy or Broth, with a little of the upper Crust of a *French* Roll: When it is boiled, ſtrain it through a Strainer or Sieve, to the Thickneſs of a Cream, and put half of it to your Lobſters, and ſave the other half to ſauce them with after they are baked. Put to the Lobſters the Bigneſs of an Egg of Butter, a little Pepper and Salt, ſqueeze in a Lemon, add in half a minced Anchovy, and warm theſe over the Fire juſt ſo much as to melt the Butter; then ſet it to cool, and ſheet your Patty-pan for a Plate or Diſh, with good Puff-paſte; then put in your Lobſters, and cover it with a Paſte: Bake it three Quarters of an Hour before you want it; when it is baked, cut up your Cover and draw up the other half of your Sauce above-mentioned with a little Butter, to the Thickneſs of a Cream, and pour it over your Patty, with a little ſqueezed Lemon; cut

your Cover in two, and lay it on the Top, two Inches distant, that it may be ſeen what is under. You may bake Crawfiſh, Shrimps or Prawns the ſame Way; and they are all proper for Plates or little Diſhes for a ſecond Courſe.

### *A* Patty *of* Calves Brains.

CLEAN the Brains very well, and ſcald them: Then blanch ſome Aſparagus Tops in a Sauce-pan, with a little Butter and Parſley. When they are cold, put them in the Patty with the Brains, the Yolks of five or ſix hard Eggs and ſome Fore'd-Meat. When it is baked, ſqueeze in the Juice of a Lemon, pour in ſome drawn Butter and Gravy, and ſo ſerve it.

## LEARS.

### *A* Lear *for* Savoury Pyes.

IN a proper Quantity of Claret, Gravy and Oyſter Liquor, boil a Faggot of Sweet Herbs, two or three Anchovies and an Onion; thicken it with brown'd Butter, and pour it into your ſavoury Pies, when it is wanted.

### *A* Lear *for* Fiſh Pies.

TAKE Claret, White Wine, Vinegar, Anchovies and Oyſter Liquor, put to them ſome drawn Butter, and when the Pies are baked, pour it in with a Funnel.

### *A* Lear *for* Paſties.

YOU muſt take the Bones of the Meat of which the Paſty is to be made, cover them with Water, and bake them with the Paſty, and when it comes out, ſtrain the Liquor, and put it into the Paſty.

*A* Caudle

*A Caudle for Sweet Pies.*

GET half a Pint of White Wine, a little grated Nutmeg and Mace, and boil it, then beat up the Yolks of two Eggs, and put into it, with a Spoonful of refin'd Sugar, and a little Butter kneaded in Flour; ſhake it about and pour it in.

## TARTS.

*A Peach Tart.*

WE take ripe Peaches and ſlit them in two, pare them, and take out the Stones, put ſome powder Sugar in the Bottom of a Stew-pan, place your Peaches in it, put them over the Fire, ſtir them now and then: Make an under Cruſt with a Border round it, the Thickneſs of a Thumb, and let it be baked. When done, put it in its Diſh, and your Peaches being ready and pretty well coloured, turn them upſide down into a Diſh, put them over your under Cruſt. Put a little Water in the Stew-pan where your Peaches were on the Fire, to make a little Syrup with the Sugar remaining in it; and pour this Liquor over your Peaches, placing over them their Kernels. This Tart is ſerved up hot or cold for a dainty Diſh.

*Another Sort.*

YOUR Peaches being ready done in Sugar, as thoſe before, place them over the Paſte prepared for an under Cruſt, and let them either be baked in the Oven, or under a Cover with Fire under and over. When done, you muſt glaze them with Sugar, by Means of a red hot Fire-

Fire-ſhovel, and ſerve it up hot or cold for a dainty Diſh.

*Another Sort.*

PUT in the Bottom of a Baking-pan ſome Puff-paſte for an under Cruſt, with a Border round it, the Breadth of a Thumb; ſlit ſome Peaches in two, pare them, take out the Stones, place them in your Abbeſs, ſtrew ſome powdered Sugar over them. After which let your Tarts be done in the Oven, or under a Cover with Fire under and over. When ready, ſtrew Sugar over your Tart, and glaze it with a red hot Fire-ſhovel; ſerve it up for a dainty Diſh, either hot or cold. Apricot Tarts may be made the ſame Way.

*A* Cowſlip Tart.

GET the Bloſſoms of a Gallon of Cowſlips, mince them exceeding ſmall, and beat them in a Mortar, put them to a Handful or two of grated Naples Bisket, and about a Pint and a half of Cream, boil them a little over the Fire, then take them off, and beat them in eight Eggs with a little Cream; if it does not thicken, put it over again 'till it does; take heed that it does not curdle. Seaſon it with Sugar, Roſe Water, and a little Salt; bake it in a Diſh, or little open Tarteſt. It is beſt to let your Cream be cold before you ſtir in the Eggs.

Orange Tarts.

YOU muſt take *Seville* Oranges, grate a little of the outſide Rind, ſqueeze out the Juice into a Diſh, throw the Peels into Water, change it very often for two Days; then ſet a Sauce-pan of Water on the Fire, let it boil

boil and put in your Oranges; boil them in two Waters to take the Bitterneſs away; when they are tender, take them out and dry them well, beat them in a Mortar very fine; then take their Weight of double refin'd Sugar, boil it to a Syrup, skimming it very clean; then put in your Pulp, and boil it all together 'till it be clear, and let it ſtand to be cold; having your Tarts ready, fill them with it, puting in the Juice; then lid and bake them in a quick Oven.

## Spinach Tarts.

HAving Spinach, Marrow, and hard Eggs, of each one Handful, ſome Cloves, Mace, Nutmeg and Lemon Peel ſhred fine; put in ſome Currants, and good Store of Raiſins of the Sun ſtoned and ſhreded, Orange and Citron Peel candy'd; ſweeten it to your Palate; having your Tarts ready, fill them, and bake them in a gentle Oven.

## *A* Chocolate Tart.

WE take two Spoonfuls of Rice-Flour, ſome Salt, with the Yolks of four Eggs, and a little Milk; mix all theſe together, but don't let them curdle; then grate ſome Chocolate and dry it before the Fire, and when your Cream is boiled, mix the Chocolate well in it; and ſo ſet it to cool; make your Tart of good fine Flour, put in the Cream and bake it: When it is enough, glaze it with powder Sugar with a red hot Fire-ſhovel; then ſerve it.

## *An* Almond Tart.

RAISE a Tart of very good Paſte, then take ſome blanched Almonds, beat very fine in a Mortar with Sack, a Pound of Sugar to a Pound of Almonds, ſome grated

grated Bread, a little Nutmeg, ſome Cream, with the Juice of Spinach to colour the Almonds green; bake it in a gentle Oven: When it is enough draw it, and ſtick it with candy'd Orange and Citron.

### *A* Cheſnut Tart.

ROAST your Cheſnuts and peel them, and then ſheet a Diſh with Puff-paſte, and between every two Cheſnuts put a Lump of Marrow, rolled in Eggs, and ſome Orange and Lemon Peel cut ſmall, then make a Cuſtard and put all over it, and garniſh with roaſted Cheſnuts all over.

### *A* Tort Demoy.

GET half a Pound of blanched Almonds, beat them in a Stone Mortar in Sack, with a Quarter of a Pound of Citron, the White of a Capon, five grated Biskets, Mace, Sugar, Nutmeg and Cinnamon, Sack, and Orange-Flower-Water; then mix it with a Pint of Cream, mix'd with ſeven Yolks of Eggs, and two Whites well beat together; bring all theſe Ingredients to a Body over the Fire, and having a Diſh covered with Puff-paſte, put Part of it into the Bottom, then put in the Marrow of two Bones, in ſmall Pieces, and ſqueeze on it a little Lemon Juice, and lay on the other Part of the Ingredients and cover it with a cut Lid.

### Pippin Tarts.

HAving two ſmall Oranges pare them thin, and boil them in Water 'till they be tender; then ſhred them ſmall, and pare twenty Pippins, quarter and core them, and

and put to them ſo much Water as will boil them 'till they are enough, then put in half a Pound of white Sugar, and take the Orange Peel that is ſhred, and the Juice of the Oranges and let them boil 'till they are pretty thick, then ſet them by to cool; make open Tarts, and put it in; ſet them in the Oven moderate hot: Set them by for uſe.

### Bean Tarts.

BOIL and blanch green Beans, then make Puff-paſte, and put into Patty-pans; then put a Layer of Beans, and a Layer of all Sorts of wet Sweetmeats, except Quinces, ſtrow in a little Sugar between every Layer; then cover your Tarts, and make a Hole on the Top, and put in a Quarter of a Pint of the Juice of Lemon: Put in Marrow ſeaſoned with Cloves, Mace, Nutmeg and Salt, candy'd Lemon and Orange Peel, and when they come out of the Oven, put into every Tart ſome White Wine, thickened up with the Yolk of an Egg, and a Bit of Butter; and theſe Tarts are to be eat hot.

## *To keep* FRUIT *for* TARTS.

### Gooſeberries.

TAKE Gooſeberries when they are full grown, before they turn, put them into wide-mouthed Bottles, cork them cloſe, and ſet them in a ſlack Oven 'till they are tender and cracked, then take them out of the Oven, and pitch the Corks.

By this Method you may keep ſeveral Sorts of Fruits as Bullace, Currants, Damaſcens, Pears, Plumbs, *&c.* only do theſe when they are ripe.

## *CUSTARDS.*

HAving two Quarts of thick ſweet Cream, boil it with ſome Bits of Cinnamon, and a quartered Nutmeg, keep it ſtirring all the while, and when it has boiled a little Time, pour it into a Pan to cool, and ſtir it 'till it is cool, to keep it from ſcumming; then beat the Yolks of ſixteen Eggs, the Whites of but ſix, and mix your Eggs with the Cream when it is cool, and ſweeten it with fine Sugar to your Taſte, put in a very little Salt and ſome Roſe or Orange Flower-Water; then ſtrain all through a Hair-ſieve, and fill your Cups or Cruſt. It muſt be a pretty quick Oven; when they boil up they are enough.

### *Another Way.*

BOIL a Quart of Cream with a Blade of Mace; beat ten Eggs, leave out half the Whites; take the Mace out, and ſweeten it with Sugar, then beat in the Eggs with one Spoonful of Orange-Flower-Water; ſweeten it to your Taſte, and put it into your Cuſtard-Cups, and let them but juſt boil up in the Oven; and if you boil the Eggs in the Cream all together, then you may put in your Cuſtard-Cups over Night, and they will be fit for uſe.

### Set Cuſtards.

SET to boil over the Fire a Quart of Cream with ſome broad Mace; when it's boiled ſet it to be cold, then take ſix Eggs with half the Whites, beat them very well, and put in a Spoonful of Orange-Flower-Water or Roſe Water, and put in a Pound of Sugar; harden the Cruſt in the Oven, and ſtuff the Corners with brown Paper,

per, and prick the Bottoms with a ſmall Pin when you ſet them and fill them, and when they are enough ſet them by for uſe.

## Rice-Cuſtards.

HAving a Quart of Cream, boil it with a Blade of Mace; then put to it boiled Rice, well beaten with your Cream; put them together, and ſtir them well all the while it boils on the Fire; and when it's enough take it off, and ſweeten it to your Taſte, and put in a little Roſe Water; let them be cold then ſerve them.

## Cheeſe-Cakes.

AFTER boiling a Quart of Cream, beat the Yolks of two Eggs, and when the Cream is cold put in the Eggs, and put it on again, and boil it 'till it comes to a Curd, but not to Whey; then blanch Almonds, beat them with Orange-Flower-Water, and put them into the Cream with a little Naples Biſket, and a little green Citron, ſhred ſmall, Muſk-plumbs ground in Sugar; ſweeten it to your Taſte with good Sugar, roll it out thin, and bake them, but let not your Oven be too hot.

## *Another Way.*

WE take two Gallons of new Milk, turn it with Runnet, that it may be a tender Curd; and when it's come and gathered, run it through a thin Strainer, and preſs out the Whey very dry; then beat the Curd with a Pound of ſweet Butter very well; then put to it twelve Eggs, with the Whites of ſix, ſeaſon it with Cloves, Mace,

Cinnamon, Nutmeg and Ginger, a little Salt and Roſe Water, and what Quantity of Currants you pleaſe, ſeaſon it to your Taſte with Sugar, with a Musk-plumb or two ground in it; then bake them for uſe.

### *An* Almond Cheeſe Cake.

GET a good Handful, or more, of Almonds, blanch them in warm Water, and throw them into cold, pound them fine and in the pounding put a little Sack or Orange-Flower-Water, to keep them from oiling, then put to your Almonds the Yolks of two hard Eggs, and beat them together: Beat the Yolks of ſix Eggs, the Whites of three, and mix with your Almonds, and half a Pound of Butter melted, and Sugar to your Taſte; mix all well together, and uſe it as other Cheeſe Cake Stuff.

### Lemon Cheeſe Cakes.

AFTER boiling the Peel of two large Lemons, pound it well in a Mortar, with a Quarter of a Pound or more of Loaf Sugar, the Yolks of ſix Eggs, and half a Pound of freſh Butter, pound and mix all well together, and fill the Patty-pans but half full. Orange Cheeſe Cakes are done the ſame Way; only you muſt boil the Peel in two or three Waters to take out the Bitterneſs.

### Orange Cheeſe Cakes *another Way.*

AFTER you have blanched half a Pound of Almonds, beat them very fine, with Orange-Flower-Water, half a Pound of fine Sugar beaten and ſifted, a Pound of ſweet Butter melted, that muſt be almoſt cold before

before you uſe it; then take ten Eggs, the Whites but of four, very well beaten, two candy'd Orange Peels, or raw, with the Bitterneſs boiled out; beat the Peels in a Mortar 'till as tender as Marmalade, without any Knots; then mix all well together.

For the Cruſt, take a Pound of the fineſt Flour, and three Ounces of refin'd Sugar, mix it with the Flour, then take half a Pound of freſh Butter, work it with your Hand 'till it comes to a Froth; then put in the Flour by Degrees, and work it together in the Yolks of three Eggs, and the Whites of two: If it be limber, put in more Flour and Sugar, 'till it's fit to roll out; then make them in what Form you pleaſe. A little above a Quarter of an Hour bakes them: Againſt they come out of the Oven, have ſome refin'd Sugar, beat up with the White of an Egg, as thick as you can, then ice them all over, and ſet them in the Oven to harden again.

## *CAKES.*

### *An excellent* Plumb Cake.

WE take a Quarter of a Peck of Flour and dry it, three Pounds of Currants waſh'd and pick'd clean; ſet them before a Fire to dry, half a Pound of Raiſins of the Sun, waſh'd, ſton'd and ſhred ſmall, half a Pound of blanch'd Almonds, beat very fine, with Roſe Water, a Pound of Butter melted with a Pint of Cream, but not put in hot, a Pint of Ale-Yeſt, a Pennyworth of Saffron ſteep'd in a Pint of Sack, ten or twelve Eggs, but half the Whites of them, a Quarter of an Ounce of Cloves and Mace, one large Nutmeg grated, a few Carraway-Seeds,

Citron

Citron, candy'd Orange, and Lemon Peel ſliced; you muſt make it thin, or there muſt be more Butter and Cream, you may perfume it with Ambergreaſe ty'd in a Muſlin Bag, and ſteep'd in the Sack all Night. If you ice it, take half a Pound of double refin'd Sugar ſifted; then put ſome of the Sugar, and beat it up with the White of an Egg, and beat it with a Whisk, and a little Orange-Flower-Water, but do not over wet it; then ſtrew in all the Sugar by Degrees, then beat it all near an Hour; the Cake will take ſo long a baking; then draw it, and waſh it over with a Bruſh, and put it in again for half a Quarter of an Hour.

### *A very good* Carraway Cake.

HAving three Pounds of the beſt Flour, dry it before the Fire, then divide it into two Parts; on one Part grate one Nutmeg, put two Spoonfuls of Roſe Water or Sack, the Yolks of four Eggs, as much Ale-Yeſt as will make it into a Paſte, and let it lie and riſe in the Warmth of the Fire, 'till it's as light as Cork; then take the other half of the Flower, and break into it a Pound of Butter, very ſmall, a little new Milk, luke-warm; make the Flour and Butter into a Paſte; then take the two Paſtes, and break them together, and ſtrew in a Pound of rough Carraway-Seeds and mix them well together, then make up the Cakes, and bake it in a Hoop or Paper. Let the Oven be not too hot, and a little more than an Hour will bake it.

### *Another* Plumb Cake.

GET half a Peck of Flour, half a Pint of Roſe Water, a Pint of Ale-Yeſt, a Pint of Cream, boil it, a Pound and a half of Butter, ſix Eggs, leave out the Whites,

Whites, four Pounds of Currants, half a Pound of Sugar, one Nutmeg and a little Salt, work it very well, and let it ſtand half an Hour by the Fire, and then work again, and make it up, and let it ſtand an Hour and a half in the Oven: Let not the Oven be too hot.

### *Another.*

YOU muſt take a Quarter of a Peck of Flour, dry'd in an Oven, put into it a little Cloves, Mace, Nutmeg and Salt, then wet it with one Pound of Butter, and one Pint of Cream, melted together; beat it very well with a Pint of Ale-Yeſt, ten Eggs, leave out half the Whites, a Glaſs of Sack, a little Roſe Water; mix it up very ſoft; then lay it by the Fire to riſe; then work in three Pounds of Currants, four Ounces of Orange Peel, and Citron candy'd, three Pounds of Sugar; bake it in a Hoop, and paper the Hoop, and butter the Paper before it goes into the Oven: Ice it over with three Whites of Eggs, froth it with a Roſemary Sprig; put in half a Pound of Sugar beaten in a Mortar: Juſt ſet it into the Oven again to harden.

### *A good* Seed Cake.

GET a Quarter of a Peck of Flour, two Pounds of Butter beaten to a Cream, a Pound and three Quarters of fine Sugar, one Ounce of Carraway Seeds, three Ounces of candy'd Orange Peel and Citron, ten Eggs, half the Whites only, a little Roſe Water, a Glaſs of Sack, a few Cloves, Mace and Nutmeg, a little new Yeſt, and half a Pint of Cream, mix it up and lay it by the Fire to riſe; then bake it in a Hoop, and butter your Paper; when

when it is baked, ice it over with the Whites of Eggs and Sugar, and ſet it in again to harden.

### *A very good* Batter Cake.

YOU muſt take ſix Pounds of Currants, five Pounds of Flour, an Ounce of Cloves and Mace, a little beaten Cinnamon, half an Ounce of Nutmegs, half a Pound of Sugar, three Quarters of a Pound of Citron, Lemon, and Orange Peel candy'd, half a Pint of Sack, a little Honey-Water, a Quart of good Ale-Yeſt, a Quart of Cream, and a Pound and three Quarters of Butter melted therein; mix it well together on a Board, and lay it before the Fire to riſe; then work it up, and put it into a Hoop, with a Paper flower'd at the Bottom, and ſo bake it: Take Care not to burn it.

### *A* Pudding Cake.

MINCE a Pound of Sewet very fine, and as much Flour, four Eggs and a Piece of Butter, mix theſe together; ſeaſon it with Nutmeg, Sugar, Cinnamon, a little Roſe Water, and Salt, work it into a Paſte with Cream, and make it up like a Cake: Butter your Diſh and bake it.

### *To make* Diet Bread.

BEAT and dry a Pound of Loaf Sugar, then take three Quarters of a Pound of Flour dried, ſeven Eggs, Yolks and Whites; whisk your Eggs with two Spoonfuls of Orange-Flower-Water, and two Spoonfuls of fair Water, half an Hour; then ſhake in your Sugar, and beat them with a Spoon a Quarter of an Hour; and put in your Flour

Flour, and beat it another Quarter; bake them in Tin-pans, put Paper within your Pans well floured; an Hour bakes them; put them into your Pans just as you put them into the Oven.

## Shrewsbury Cakes.

WE take to one Pound of Sugar, three Pounds of the finest Flour, a Nutmeg grated, some beaten Cinnamon, the Sugar and Spice must be sifted into the Flour, and wet it with three Eggs, and as much melted Butter as will make it of a good Thickness to roll into Paste; mould it well and roll it, and cut it into what Shape you please. Perfume them, and prick them before they go into the Oven.

## Queen's Cakes.

YOU must take a Pound of dry'd Flour, a Pound of refin'd Sugar sifted, and a Pound of Currants wash'd, pick'd, and rubb'd clean, and a Pound of Butter wash'd very well, and rub it into the Flour and Sugar, with a little beaten Mace, and a little Orange-Flower-Water; beat ten Eggs, but half the Whites, work it all well together with your Hands, and put in the Currants; sift over it double refin'd Sugar, and put them immediately into a gentle Oven to bake.

## *To make* Ginger Bread.

TAKE a Pound and a half of *London* Treacle, two Eggs beaten, half a Pound of brown Sugar, one Ounce of Ginger beaten and sifted, of Cloves, Mace and Nutmeg, all together, half an Ounce, beaten very fine, Coriander

riander Seeds, and Carraway Seeds, of each half an Ounce, two Pounds of Butter melted; mix all theſe together, with as much Flour as will knead it into a pretty ſtiff Paſte, then roll it out and cut it into what Form you pleaſe: Bake it in a quick Oven on Tin-plates: A little Time will bake it. Of ſome of this Paſte you may likewiſe make Drops.

### *Another Sort.*

HAving half a Pound of Almonds, blanch and beat them 'till they have done ſhining; beat them with a Spoonful or two of Orange-Flower-Water, put in half an Ounce of beaten Ginger, and a Quarter of an Ounce of Cinnamon powdered; work it to a Paſte with double refin'd Sugar beaten and ſifted; then roll it out, and lay it on Papers to dry in an Oven after Pies are drawn.

### Dutch Ginger Bread.

MIX with four Pounds of Flour, two Ounces of beaten Ginger; then rub in it a Quarter of a Pound of Butter, and add to it two Ounces of Carraway Seeds, two Ounces of Orange Peel dried and rubb'd to Powder, a few Coriander Seeds bruiſed, two Eggs, then mix all up in a ſtiff Paſte, with two Pounds and a Quarter of Treacle; beat it very well with a Rolling-pin, and make it up into thirty Cakes, put in candy'd Citron, prick them with a Fork; butter Papers three double, one White, two Brown; waſh them over with the Whites of an Egg; put them into an Oven, not too hot, for three Quarters of an Hour.

### *To make* Buns.

YOU muſt take two Pounds of fine Flour, a Pint of Ale-Yeſt, put a little Sack in the Yeſt, and three Eggs beaten, knead all theſe together with a little warm Milk, a little Nutmeg, and a little Salt; then lay it before the Fire 'till it riſe very light, then knead in a Pound of freſh Butter and a Pound of rough Carraway Comfits, and bake them in a quick Oven on floured Papers, in what Shape you pleaſe.

### *To make* Wiggs.

YOU muſt take two Pounds of Flour, and a Quarter of a Pound of Butter, as much Sugar, a Nutmeg grated, a little Cloves and Macé, and a Quarter of an Ounce of Carraway Seeds, Cream and Yeſt as much as will make it up into a light Paſte, make them up, and ſet them by the Fire to riſe 'till the Oven be ready; they will quickly be baked.

### *To make little* Hollow Biskets.

AFTER having beat ſix Eggs very well with a Spoonful of Roſe Water, then put in a Pound and two Ounces of Loaf Sugar beaten and ſifted; ſtir it together 'till it's well mixed in the Eggs; then put in as much Flour as will make it thick enough to lay out in Drops upon Sheets of white Paper; ſtir it well together 'till you are ready to drop on your Paper; then beat a little very fine Sugar and put it in a Lawn-ſieve, and ſift ſome on them juſt as they are going into the Oven; ſo bake them, the Oven muſt not be too hot, and as ſoon as they are baked, whilſt they

they are hot, pull off the Papers from them, and put them in a Sieve, and ſet them in the Oven to dry; keep them in Boxes with Papers between.

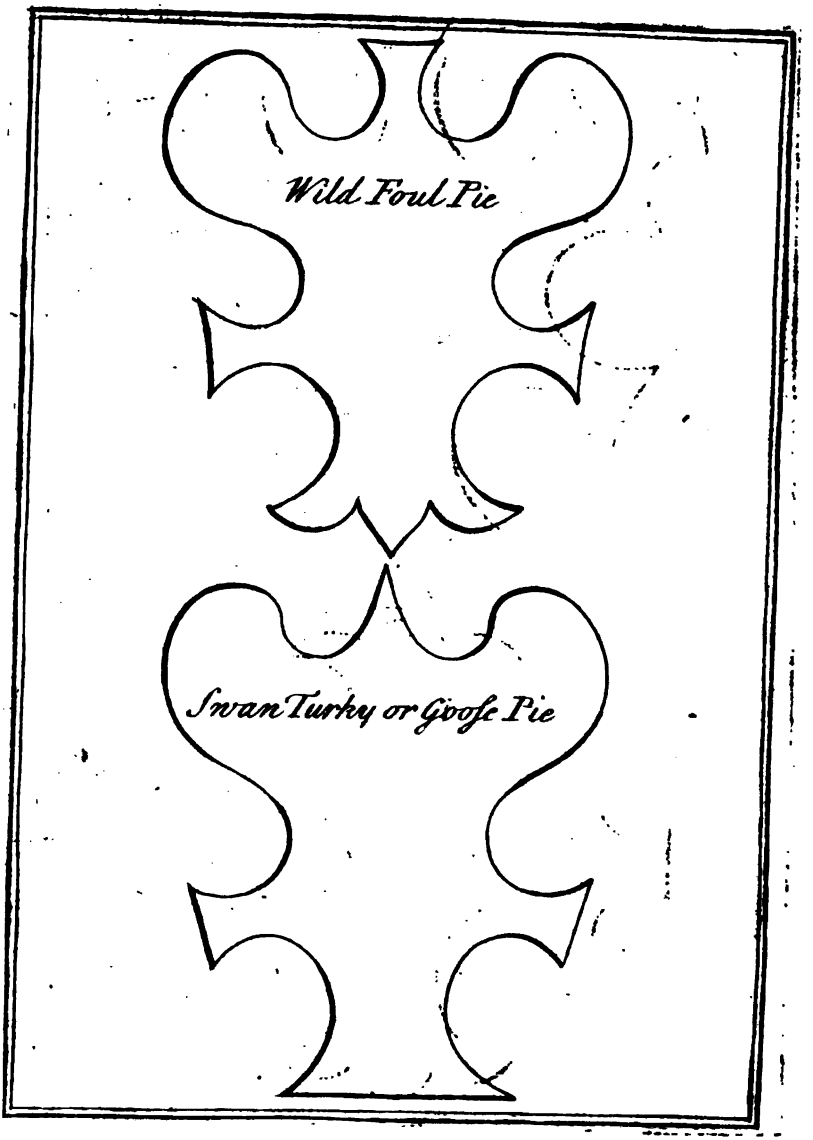
### *To make* French Bread.

GET half a Peck of fine Flour, put to it ſix Yolks of Eggs, and four Whites, a little Salt, a Pint of good Ale-Yeſt, and as much new Milk, made a little warm as will make it a thin light Paſte, ſtir it about with your Hand, but by no Means knead it; then have ready ſix wooden Quart Diſhes, and fill them with Dough; let them ſtand a Quarter of an Hour to heave, and then turn them out in the Oven, and when they are baked raſp them; the Oven muſt be quick.

### *To make the thin* Dutch Biskets.

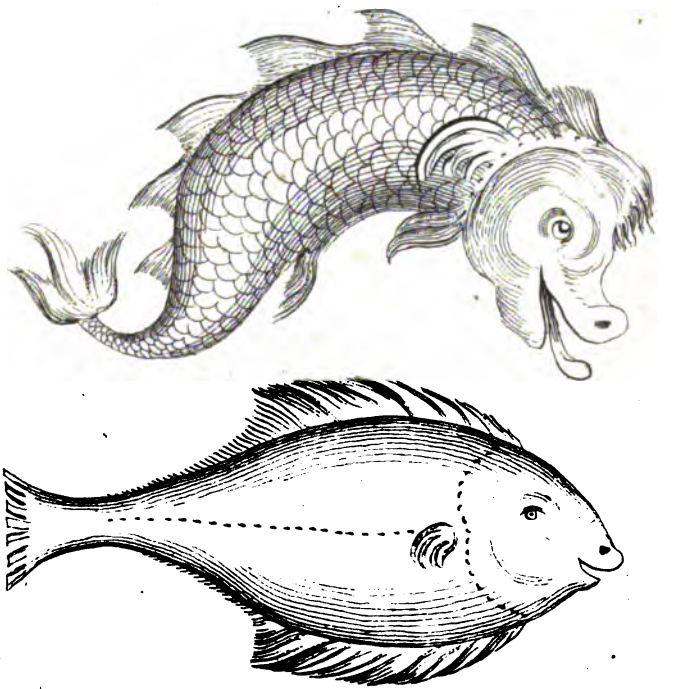
GET five Pounds of Flour, and two Ounces of Caraway Seeds, half a Pound of Sugar; and ſomething more than a Pint of Milk, warm the Milk, and put into it three Quarters of a Pound of Butter; then make a Hole in the Middle of your Flour, and put in a full Pint of good Ale-Yeſt, then pour in the Butter and Milk, and make theſe into a Paſte, and let it ſtand a Quarter of an Hour by the Fire to riſe, then mould it and roll it into Cakes pretty thin; prick them all over pretty much, or they will blifter; ſo bake them a Quarter of an Hour.

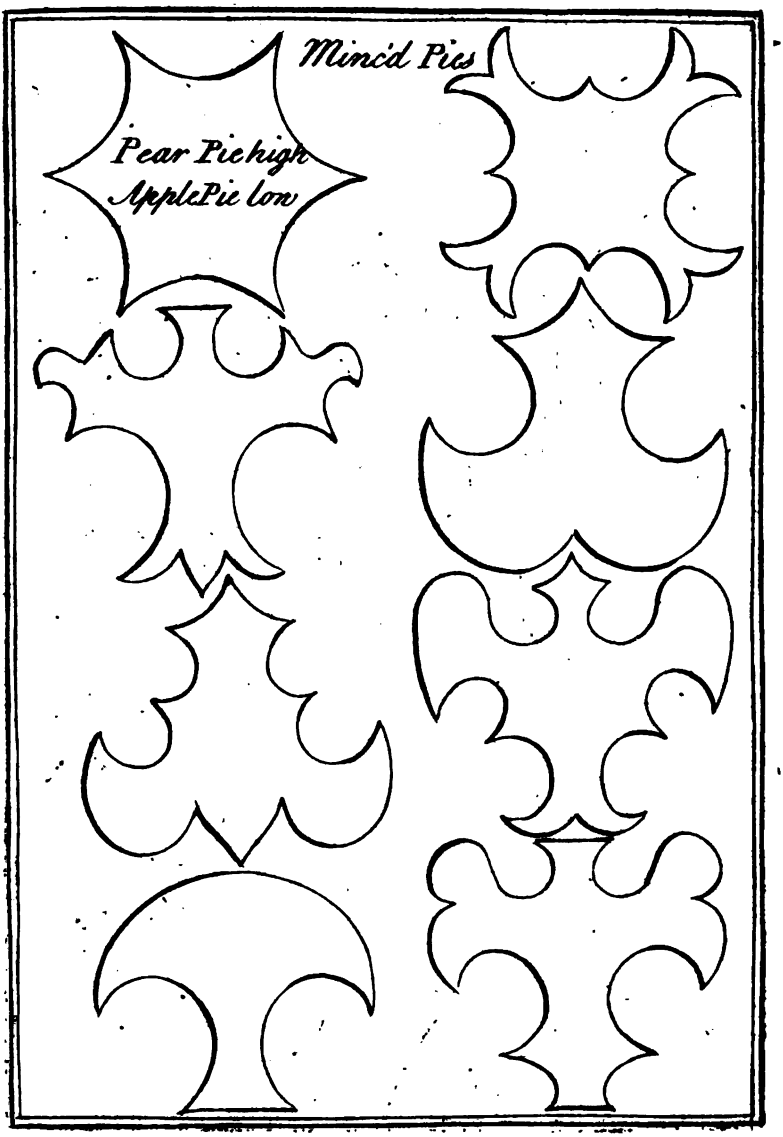
CHAP.

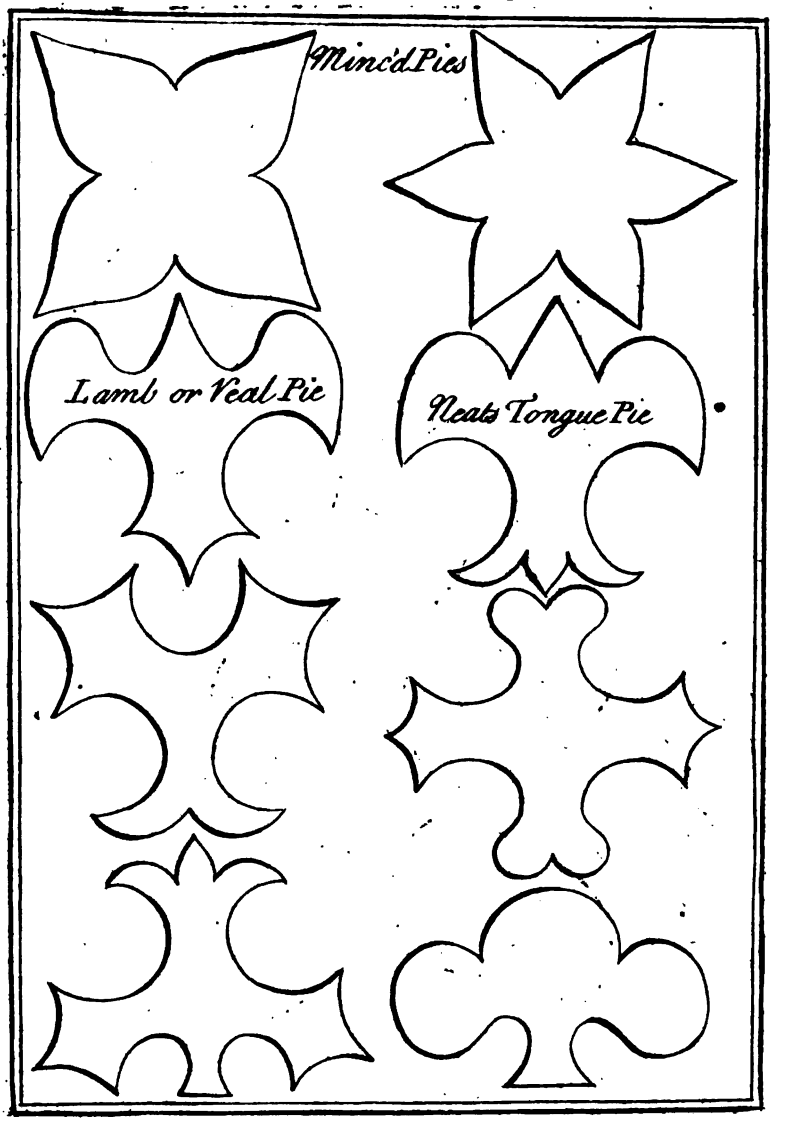

Wild Foul Pie
Swan Turky or Goose Pie

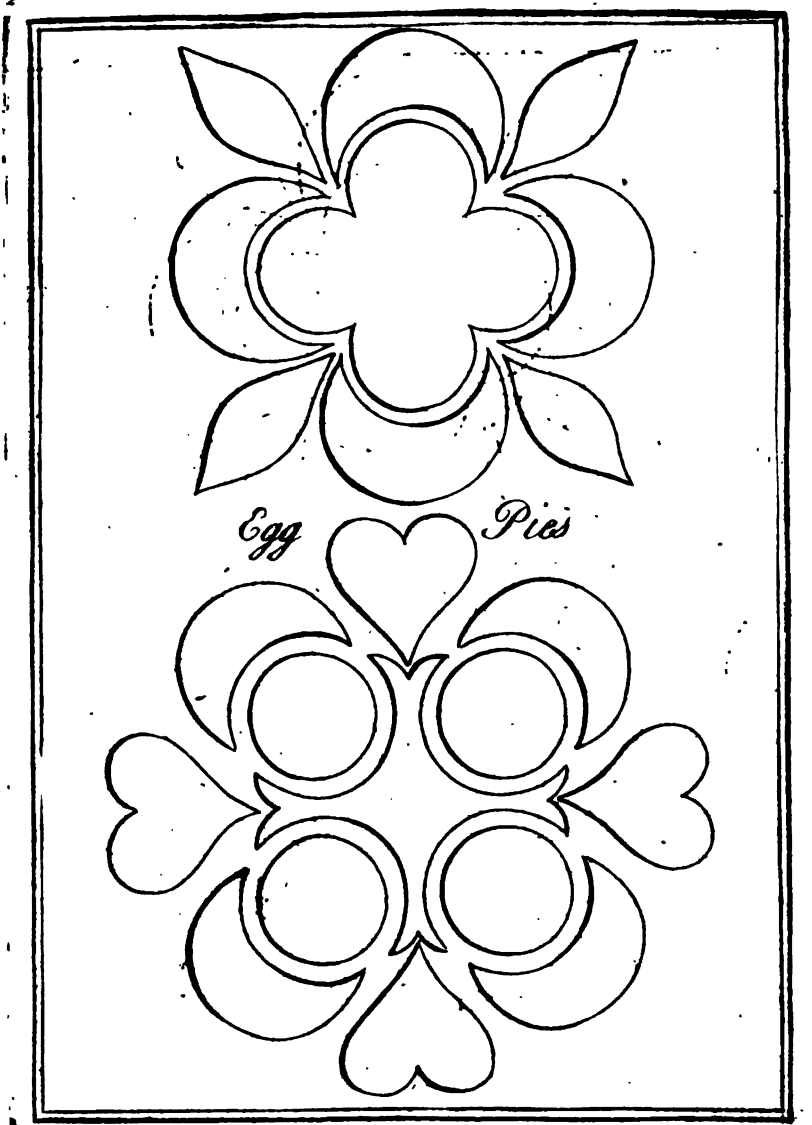
*Lamb Pastey*

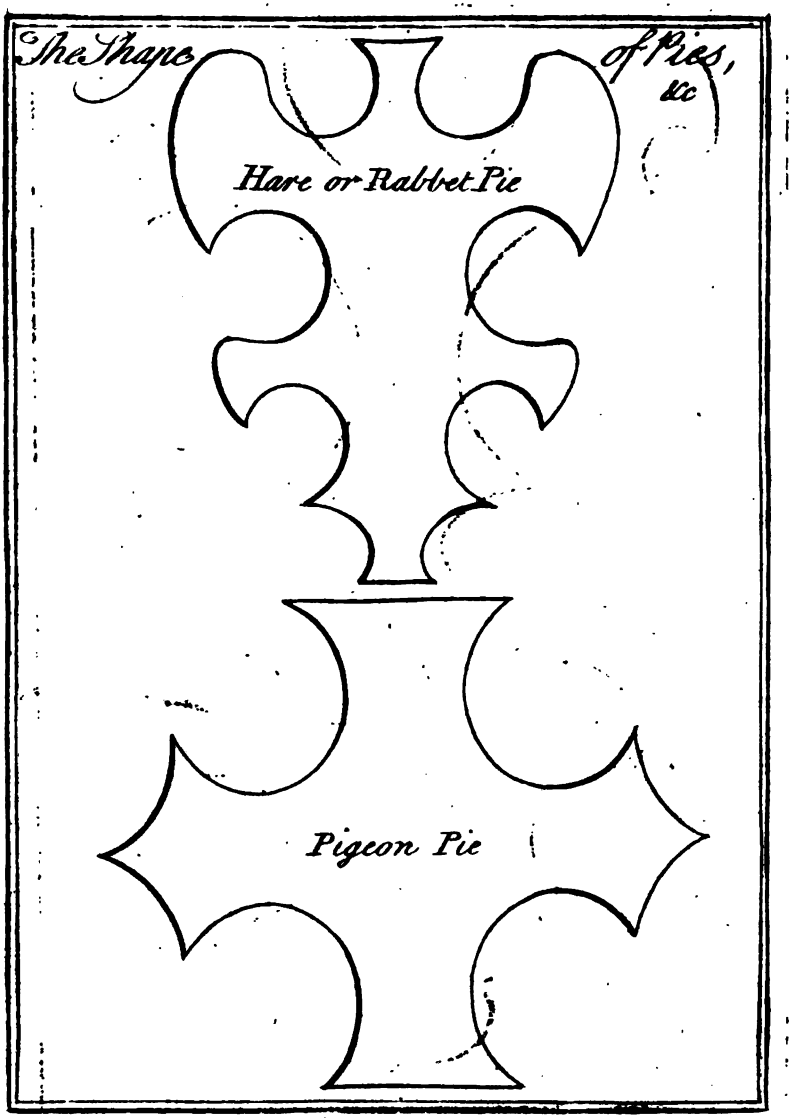
*Wild Boar Pie*

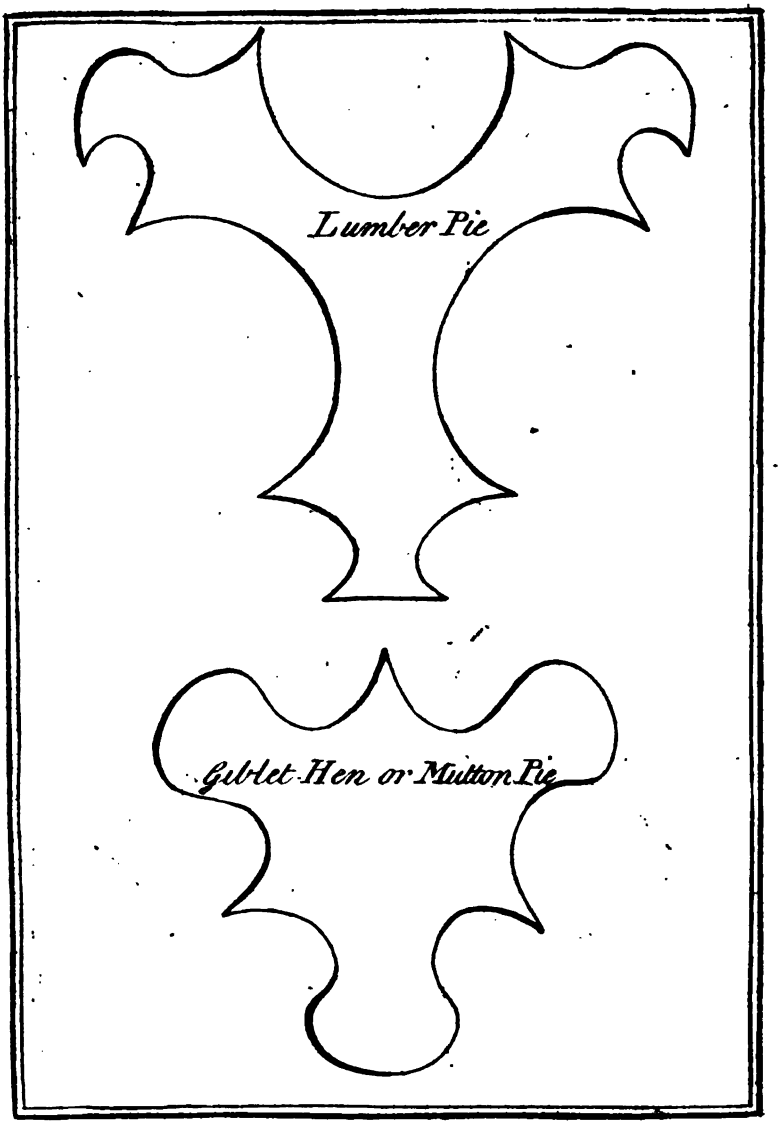


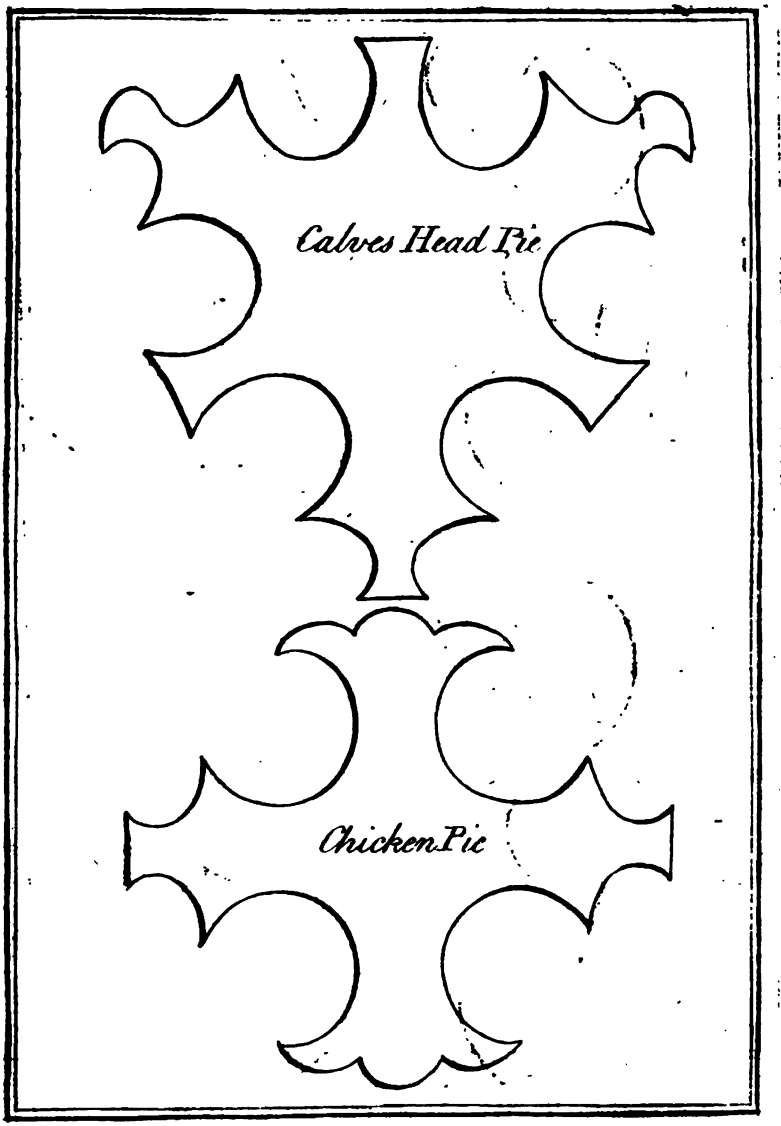

Mincid Pies
Pear Pie high
Apple Pie low

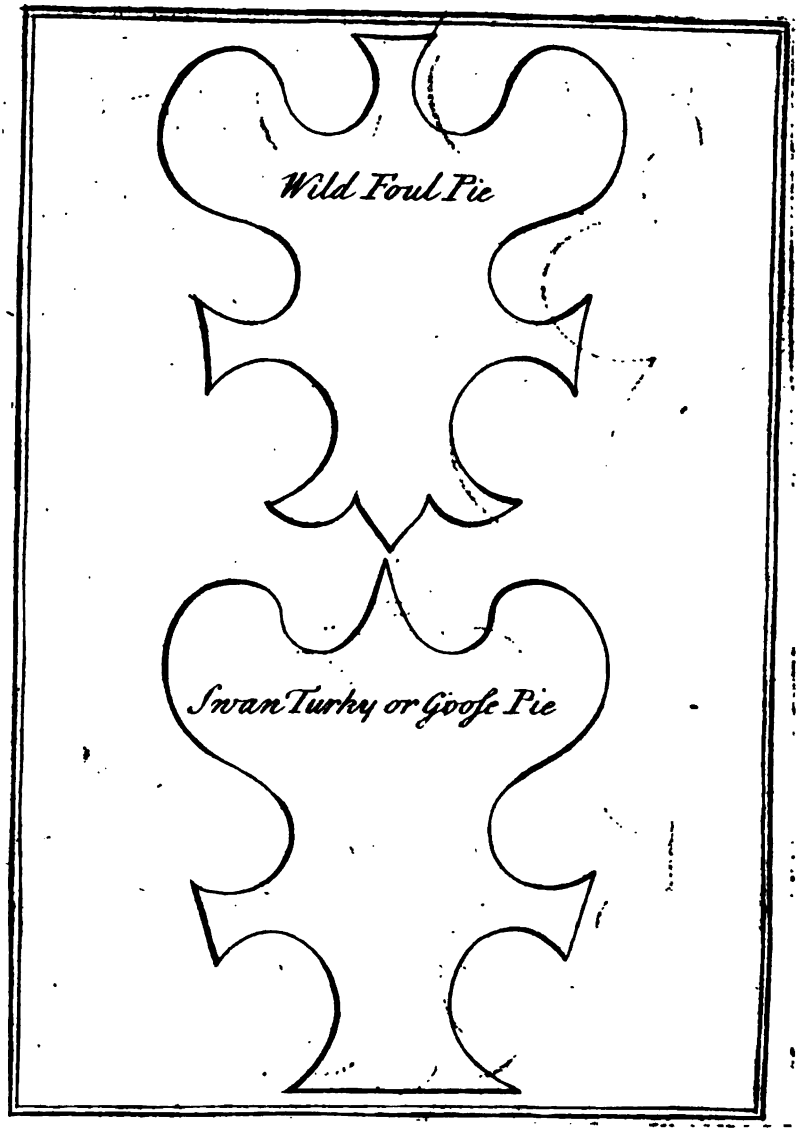

Minc'd Pies
Lamb or Veal Pie
Neats Tongue Pie


Egg Pies


The Shape of Pies, &c
Hare or Rabbet Pie
Pigeon Pie

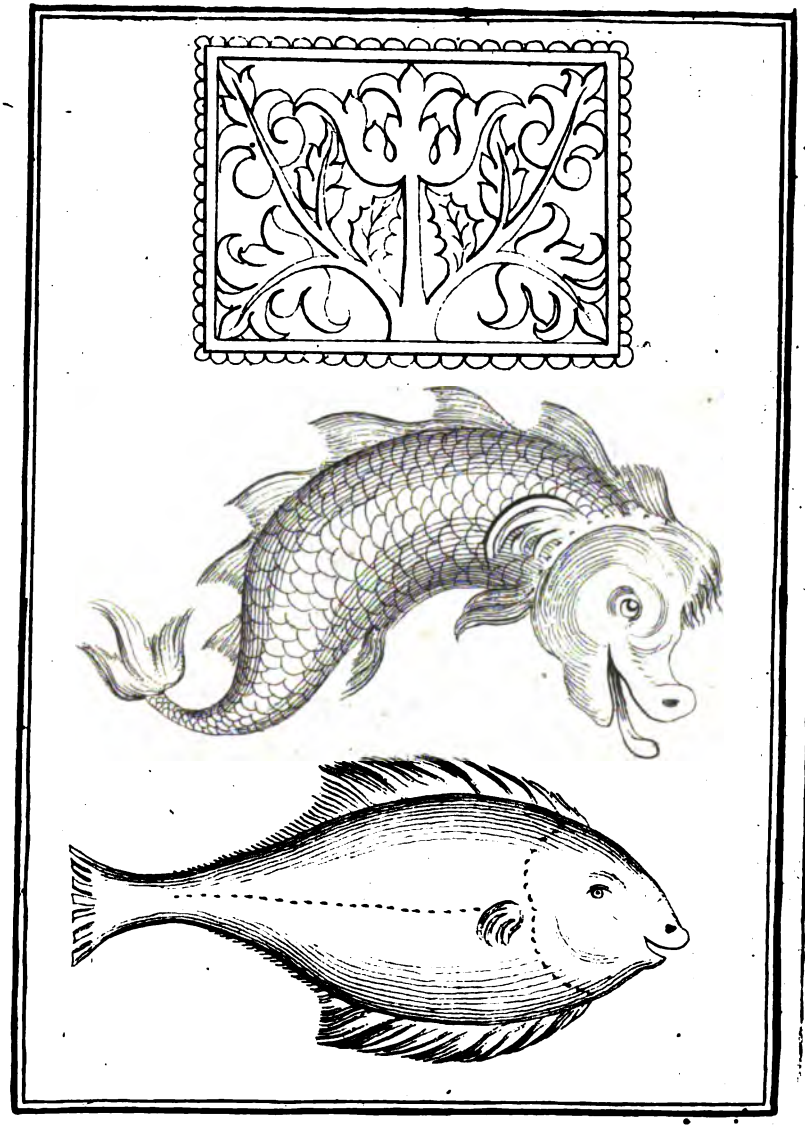

Lumber Pie
Giblet Hen or Mutton Pie

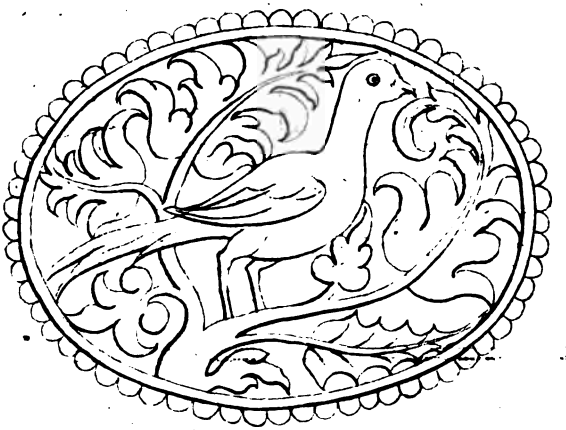

Calves Head Pie
Chicken Pie

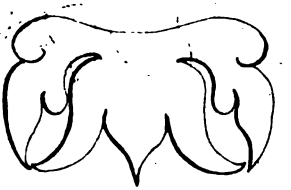

Wild Foul Pie
Swan Turky or Goose Pie

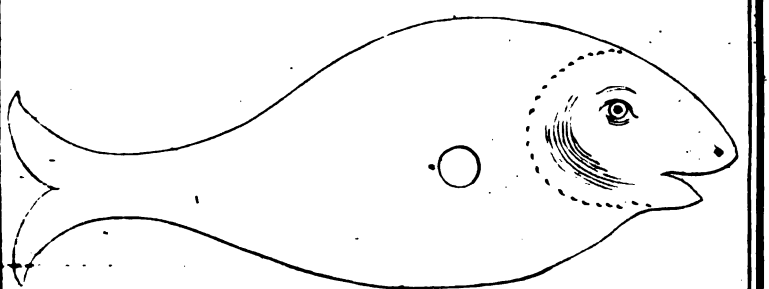
*Lamb Pastey*

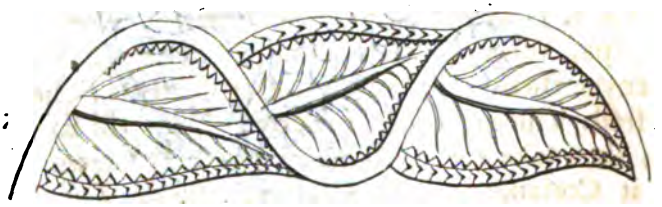
*Wild Boar Pie*











# CHAP. XXV.

## *Of* PICKLING.

### *To pickle* Walnuts.

TAKE Walnuts about *Midſummer*, when a Pin will paſs through them, and put them in a deep Pot, and cover them over with ordinary Vinegar; change them into freſh Vinegar once in fourteen Days 'till ſix Weeks be paſt; then take two Gallons of the beſt Vinegar, and put into it Coriander Seeds, Carraway Seeds, Dill Seeds, of each one Ounce groſly bruiſed, Ginger ſliced three Ounces, whole Mace one Ounce, Nutmeg bruiſed two Ounces, Pepper bruiſed two Ounces, give all a Boil or two over the Fire, and have your Nuts ready in a Pot, and pour the Liquor boiling hot over them, ſo do for nine Times.

### *Another Way.*

YOU muſt take Walnuts about *Midſummer*, when a Pin will paſs through them; and put them in a deep Pot, and cover them over with ordinary Vinegar; change them into freſh Vinegar once in fourteen Days, ſo do four Times; then take ſix Quarts of the beſt Vinegar, and put into it an Ounce of Dill Seeds groſly bruiſed, Ginger ſliced three Ounces, Mace whole one Ounce, Nutmegs quartered two Ounces, whole Pepper two Ounces, give all a Boil or two over the Fire, then put your Nuts into a Crock, and pour your Pickle boiling hot over them; cover them cloſe 'till 'tis cold to keep in the Steam; then have

Gallipots ready, and place your Nuts in them 'till your Pots are full; put in the Middle of each Pot, a large Clove of Garlick ſtuck full with Cloves, and ſtrew over the Tops of the Pots, Muſtard Seed finely beaten, a Spoonful, or more, or leſs according to the Bigneſs of your Pot; then put your Spice on, and lay Vine Leaves, and pour on the Liquor, and lay a Slate on the Top to keep them under the Liquor. Be careful not to touch them with your Fingers, leaſt they turn black, but take them out with a Wooden Spoon, put a Handful of Salt in with the Spice. When you firſt boil the Pickle, you muſt likewiſe remember to keep them under the Pickle they are firſt kept in, or they will loſe their Colour: Tye down their Pots with Leather. A Spoonful of this Liquor will reliſh Sauce for Fiſh, Fowl, or Fricaſey.

*Another Way.*

WE take Nuts fit to preſerve, prick them full of Holes and cut the Slit in the Creaſe half through. Put them as you do them into Brine; let them lie three Weeks, changing the Brine every four Days, take them out with a Cloth, and wipe them dry, put them in a Pot, with a good deal of bruiſed Muſtard Seed, then have your Pickle ready, which muſt be Wine Vinegar, as much as will cover them, put in Cloves, Mace, Ginger, Pepper, Salt, three or four Cloves of Garlick, ſtuck with Cloves, and pour your Liquor boiling hot upon them, and keep them cloſe tied for a Fortnight: Boil the Pickle again, ſo do three Times, put Oil on the Top.

Mushrooms,

## Muſhrooms.

WE take only the Bottoms, wash them in Milk and Water with a Flannel; put Milk on the Fire, and when it boils, put in your Muſhrooms and give them four or five Boils, and have in Readineſs a Brine, made with Milk and Salt, and take them out of the boiling Brine, and put them into the Milk Brine and cover them up all Night; then have a Brine with Water and Salt, boil it, and let it ſtand to be cold, and put in your Buttons and waſh them in it. When you firſt boil your Muſhrooms, you muſt put with them an Onion and Spice; then have in Readineſs a Pickle, made with half White Wine, and half White Wine Vinegar; boil in it Ginger, Mace, Nutmegs and whole white Pepper; when 'tis quite cold, put your Muſhrooms into the Bottles, and ſome Bay Leaves on the Sides, and ſtrew between, ſome of your boiled Spice; then put in the Liquor, and a little Oil on the Top; cork and roſin the Top; ſet them cool and dry, and the Bottoms upwards.

### *Another Way.*

TAKE ſmall Buttons, cut the Dirt from the Bottoms of the Stalks, waſh them with Salt, Water, and Milk, rub them 'till they are clean, then boil Salt, Water and Milk, and when it boils, throw in your Muſhrooms, and when they have boiled quick and white, ſtrain them through a Cloth, and cover them up with the reſt of the Cloth, and let them cool in it: Take for the Pickle half White Wine, and half Vinegar, with ſliced Nutmeg and Ginger, whole Pepper, Cloves and Mace; then ſtop them in Glaſſes.

*Another Way.*

SCRAPE or peel them, throw them into Water, and then take them out clear from the Water, and let them over the Fire, and boil them with Salt, skim and ſtrain them thro' a Sieve, put them in Salt and Water, made ſtrong, and let them lie there three Hours, then put them into Beer Vinegar, and let them ſtand two Days, then put them into White Wine Vinegar, with an equal Quantity of Mace, Cloves, Nutmeg, White Pepper and Ginger, boil the Pickle, but not the Spice, and let it be cold before you put it to the Muſhrooms.

*To pickle Samphire.*

GAther your Samphire in *May*, pick it, and lay it for two Days in Salt and Water; then take it out, and put it into a Pot and ſoak it well in the beſt White Wine Vinegar, and let it over a clear gentle Fire, cover it cloſe till it is green and crisp, and put it into Pots, or Glaſſes, tied down cloſe with a Bladder, or Leather.

*To pickle French Beans.*

TAKE *French* Beans, before they have any Strings, and lay them in an Earthen Pot, betwixt every Layer of Beans, a Handful of Salt, then let them ſtand 'till they are ſhrunk, and the Salt pretty well diſſolved, then cover them with Vinegar. Before you boil them for the you muſt ſteep them an Hour in Water, then hang them on the Fire, putting them in when the Water is cold. When they are boiled, let them ſtand till they are cold, and cover them with White Wine Vinegar.

*Another*

### *Another Way.*

PUT them a Month in Brine very ſtrong, then drain them from the Brine; and for the Pickle, take the beſt White Wine Vinegar, a Handful of Salt, a quarter'd Nutmeg, whole Pepper, Cloves, Mace, and three Races of Ginger, boil'd together, pour it to the Beans boiling hot, keep them down cloſe two Days, and then green them over the Fire, in their Pickle, 'till ſcalding hot and green; ſtove them down cloſe, and when cold, cover them with a wet Bladder and Leather.

### *Another Way.*

CUT off the Stalks of young *French* Beans before they are ripe, then take good White Wine Vinegar, and boil it with Pepper, Ginger and Salt, and ſeaſon it to your Palate, and let it ſtand 'till it is cold, and put the Beans in an earthen Pot, and pour in the Pickle, and cover them cloſe for three Weeks; then take the Pickle and boil it and put it to the Beans, if green, if not, boil it again: When boiling, pot and cover them cloſe, and when they are cold, they are fit for uſe. If they ſhould change Colour, let the Pickle be boil'd again, and pour'd over them ſcalding hot.

### *To pickle* Codlings.

GAther Codlings green and near full grown, blanch them, that is, ſcald them in ſoft Water 'till the Skin will peel off, then prepare your Pickle of Vinegar and Bay Salt, about a large Spoonful of Salt to a Quart of Vinegar, three or four Cloves of Garlick, a Quarter of an Ounce of Ginger

Ginger ſliced, and as much whole Pepper; boil this in a Braſs-pan, with a Piece of Allum as big as a Horſe Bean, for half a Quarter of an Hour, and pour it hot upon your Codlings, covering the Mouth of the Jar with a Cloth, and let it ſtand by the Fire-ſide; boil the Pickle again the Day following and apply it as before, and repeat the ſame till your Codlings are as green as you deſire, and when they are quite cold, cork them cloſe, and ſet them by in a dry Place. There is one Thing that muſt, however, be obſerved in all theſe Picklings, which is, that if the Pickles do not come to their fine green Colour preſently, by boiling often of the Pickle at firſt, yet by ſtanding three or four Weeks, and then boiling the Pickle a freſh, they will come to a good Colour, and then your Pickles will eat the firmer and keep the longer when they are not too ſoon brought to Colour.

### *To pickle* Cauliflowers.

CUT the whiteſt and cloſeſt Cauliflowers, before they are brown, the Length of your Finger from the Stalks, and boil them very little in a Cloth in Milk and Water, not till they are tender; then take them out, and let them be cold: For the Pickle take the beſt White Wine Vinegar, Cloves, Mace, a Nutmeg quarter'd, a little whole Pepper, and a Bay Leaf, ſo let theſe boil, and when cold, then put in your Cauliflowers. In three or four Days they'll be fit to eat.

### *To pickle* Cucumbers.

WIPE your Cucumbers very clean with a Cloth, then get ſo many Quarts of Vinegar as you have Hundreds of Cucumbers, and take Dill and Fennel and cut it

it ſmall, and put it to the Vinegar, and ſet it over the Fire in a Copper-Kettle and let it boil, and then put in your Cucumbers till they are warm through, but not boiled, while they are in, when they are warm through, pour all out into a deep earthen Pot, and cover it up very cloſe till the next Day, then do the ſame again, but the third Day ſeaſon the Liquor, before you ſet it over the Fire, put in Salt till 'tis brackiſh, ſome ſliced Ginger, whole Pepper and whole Mace; then ſet it over the Fire again, and when it boils, put in your Cucumbers: When they are hot thro' pour them into the Pot, covering it cloſe; when they are cold put them in Glaſſes, and ſtrain the Liquor over them; pick out the Spice, and put to them; cover them with Leather.

*Another Way.*

AFTER having waſh'd your Cucumbers, then put them into a Pan, and make a Brine with Water and Salt, ſtrong enough to bear an Egg; boil it up to ſkim it clean, and put it to your Cucumbers boiling hot; cover it very cloſe, and let it ſtand twenty Days; then take them out of the Brine, and put them into another Pot, with ſome Fennel, Dill, and ſome *Jamaica* Pepper, and pour into them as much boiling Vinegar as will cover them, and let them ſtand ſeven or eight Days, and if you think they are not green enough, you muſt boil up the Vinegar again, and put it to them as before. Keep them cloſe ſtopp'd.

*To pickle* Cucumbers *in Slices.*

YOU muſt take Cucumbers at their full Bigneſs, but not yellow, and ſlice them pretty thick; ſlice an Onion or two with them, and ſtrew a good deal of Salt on them;

them; let them ſtand to drain all Night; then pour the Liquor clean from them; dry them in a coarſe Cloth, and boil as much Vinegar as will cover them, with whole Pepper, Mace, and a quarter'd Nutmeg; pour it ſcalding hot on your Cucumber Slices, keeping them very cloſe ſtopp'd; in two or three Days heat your Liquor again, and pour over them; ſo do two or three Times more, then tie them up with Leather.

## Melons *or large* Cucumbers.

TAKE the largeſt and greeneſt Cucumbers, cut out a Piece the Length of your Cucumbers in one of the Sides, cleanſe the Seeds from them and dry them well, then put into them ſome Cloves, Mace, whole Pepper, and Muſtard Seed; peel two or three Cloves of Garlick and the ſame Quantity of Shalot, ſome Ginger ſliced thin, according to the Quantity you make, and put in a little Salt; lay the Piece in its place, that you cut out of the Side, and tie it cloſe with Packthread, and lay them in an earthen Pan, and put to them as much White Wine Vinegar as will cover them, with half a Pint of made Muſtard to three Pints of Vinegar and a Bay Leaf, with Salt according as you like; let them lie in this Pickle nine Days; then put them into a Braſs-kettle, and ſet them over the Fire to make them green; ſtop them down very cloſe, and let them have but one or two Boils at a Time, take them off, but let them ſtill be cloſe ſtopp'd, and let them ſtand to green, but ſet them on the Fire again, and ſo order them 'till they are very green; then take them out of the Pickle, and put them into a Jarr, or Pot; boil the Pickle, and put it to them

them boiling hot, and tie them over with Leather, and uſe them when you pleaſe.

### Melons *or large* Cucumbers *another Way.*

SCOOPE them at one End, and take out the Pulp clean, and fill them with ſcrap'd Horſe-Radiſh, ſlic'd Garlick, Ginger, Nutmeg, whole Pepper, and large Mace. Take for the Pickle, the beſt White Wine Vinegar, a Handful of Salt, a quarter'd Nutmeg, whole Pepper, Cloves, Mace, and two or three Races of Ginger, boil'd together, and pour it to the Melons or Cucumbers boiling hot, ſtow them down cloſe two Days, when you intend to green them, ſet them over the Fire in a Boil-Metal-Kettle, in their Pickle, 'till they are ſcalding hot and green, then ſtow them down cloſe: When they are cold, cover them with a wet Bladder and Leather.

### Aſparagus.

HAving gather'd your Aſparagus, lay them in an earthen Pot, make a Brine of Water and Salt, ſtrong enough to bear an Egg, and pour it hot on them; keep it cloſe covered: When you uſe them hot, lay them in cold Water for two Hours, then boil and butter them for the Table; and if you uſe them as a Pickle, boil them and lay them in Vinegar.

### Broom Buds.

PUT your Broom Buds into little Linnen Bags, tie them up, and make a Pickle of Bay Salt and Water boiled, ſtrong enough to bear an Egg; put your Bags in a Pot, and when your Pickle is cold, put it to them;

keep close, and let them lie 'till they turn black, then shift them two or three Times 'till they turn green, then take them out and boil them as you have Occasion for them; when they are boiled, put them out of the Bag, in Vinegar: They will keep a Month after they are boiled.

### Radish Pods.

HAving gathered the youngest Pods, put them in Water and Salt 24 Hours; then make a Pickle for them of Vinegar, Cloves, Mace, whole Pepper; boil this and drain the Pods from the Salt and Water, and pour the Liquor on them boiling hot; put to them a Clove of Garlick a little bruised.

### Purslain Stalks.

AFTER washing your Stalks, cut them in Pieces six Inches long; boil them in Water and Salt pretty quick, take them up, and drain them, and when cold, make a Pickle of stale Beer, White Wine Vinegar and Salt, put them in and cover them close.

### Cabbage.

YOU may do it in Quarters, or shave it in long Slices, and scald it about four Minutes in Water and Salt, then take it out and cool it; boil up some Vinegar and Salt, whole Pepper, Ginger and Mace; when your Pickle is boiled and skimmed, let it be cold, and then put in your Cabbage; cover it presently and it will keep white.

Red Cabbage is done the same Way.

Onions.

### Onions.

LET them be of a ſmall Size and white; parboil them and let them cool; make your Pickle with half Wine, half Vinegar, put in ſome Mace, Slices of Nutmeg, Salt, and a little Bit of Ginger, boil this up together, and skim it well, then let it ſtand 'till cold, put in your Onions and cover them down: If they ſhould mother, boil them over again, and skim them well, and let them be quite cold before you put in your Onions, and they will keep all the Year.

### Sellery.

HAving Sellery, pick it two Inches in Length, ſet them off, and let them cool; put your Pickle in cold, the ſame Pickle will do as for Cabbage.

### Artichokes.

YOU muſt take out the Bottoms whole and firm; they muſt not be above three Parts boiled, and the ſame Pickle will do as above-mentioned, only inſtead of Ginger put in Slices of Nutmeg; cover them cloſe, and they will keep all the Year.

### Ashen Keys.

HAving thoſe which are young, plump and very tender, parboil them in a little fair Water, then take a Pint of White Wine, half a Pint of Vinegar, the Juice of a Couple of Lemons, and a little Bay Salt, and boil them together; let it ſtand by 'till it is cold, then put in the Ashen Keys into the Pickle, and cover them.

## Naſturtium Buds.

GAther your little Knobs quickly after your Bloſſoms are off; put them in cold Water and Salt for three Days, ſhifting them once a Day, then make a Pickle (but do not boil it at all) of ſome White Wine, ſome White Wine Vinegar, Shalot, Horſe-Radiſh, Pepper, Salt, Cloves, and Mace whole, and Nutmeg quarter'd, then put in your Seeds, and ſtop them cloſe: They are to be eaten as Capers.

## Barberries.

WE take of White Wine Vinegar and fair Water, an equal Quantity, and to every Pint of this Liquor put a Pound of Six-penny Sugar; ſet it over the Fire, and bruiſe ſome of the Barberries and put in it, and a little Salt; let it boil near half an Hour, then take it off the Fire and ſtrain it, and when 'tis perfectly cold, pour it into a Glaſs over your Barberries; boil a Piece of Flannel in the Liquor and put over them, and cover the Glaſs with Leather.

### *Another Way.*

YOU muſt take Water, and colour it red with ſome of the worſt of your Barberries, and put Salt to it, and make it ſtrong enough to bear an Egg, then ſet it over the Fire, and let it boil half an Hour; ſcum it, and when 'tis cold ſtrain it over your Barberries; lay ſomething on them to keep them in the Liquor, and cover the Pot or Glaſs with Leather.

Lemons

## Lemons.

SCRAPE twelve Lemons with a Piece of broken Glaſs; then cut them croſs into four Parts, down right, but not quite through, but that they will hang together; then put in as much Salt as they will hold, and rub them well, and ſtrew them over with ſalt, let them lie in an earthen Diſh, and turn them every Day for three Days; then ſlice an Ounce of Ginger very thin, and ſalted for three Days; twelve Cloves of Garlick parboiled, and ſalted three Days, a ſmall Handful of Muſtard Seed bruiſed, and ſearced through a Hair-ſieve, ſome red *Indian* Pepper, one to every Lemon. Take your Lemons out of the Salt and ſqueeze them gently, and put them into a Jarr, with the Spice, and cover them with the beſt White Wine Vinegar: Stop them up very cloſe, and in a Month's Time they will be fit to eat.

## Elder Buds, *or* Plumb Buds.

HAving caus'd Water and Salt to be boil'd together, throw in the Buds, and let them boil for a while, but not 'till they are tender; then ſtrain them, and ſet them by to cool. In the mean Time, having provided a convenient Quantity of White Wine Vinegar, boil it with two Blades of Mace and a little whole Pepper: Put your Buds into this Pickle, and let them ſtand nine Days, which being expir'd, they muſt be ſcalded in a Braſs-kettle ſix ſeveral Times, 'till they are as green as Graſs, taking Care to prevent their growing ſoft; then they are to be put into Pots and tied down with Leather. Plumb Buds may be pickled after the ſame Manner.

Gerkins.

### Gerkins.

PUT them into a Brine ſtrong enough to bear an Egg, for three Days; then drain them and pour on your Pickle (as on the Melons) boiling hot, having ſome Dill Seeds in your Pots, cover them very cloſe two Days, and when you green them, ſet them over the Fire as before.

### Beet Root, or Turnips.

BOIL your Beet Root in Water, and Salt, and Spice, a Pint of Vinegar, a little Cochineal, and when they are half boil'd put in your Turnips, being par'd; when they are boil'd, take them off the Fire, and keep them in this Pickle. Carrots may be done the ſame Way, but without the Cochineal.

### Oyſters.

PArboil a Quart of *Milton* Oyſters in their own Liquor. For the Pickle take a Pint of White Wine, a Pint of Vinegar, and their own Liquor, with Mace, Pepper, and Salt; boil and ſcum them: When 'tis cold, keep the Oyſters in this Pickle.

### Muſcles *or* Cockles.

TAKE your freſh Muſcles, or Cockles, waſh them very clean, and put them in a Pot over the Fire, 'till they open; then take them out of their Shells, and pick them clean, and lay them to cool; then put their Liquor to ſome Vinegar, whole Pepper, Ginger ſliced thin, and Mace, ſet it over the Fire; when 'tis ſcalding hot, put in your Muſcles, and let them ſtew a little; then pour out the Pickle from them, and when both are cold, put them in an

an earthen Jug, and cork it up cloſe; in two or three Days they will be fit to eat.

### *Pickled* Pigeons.

BONE them as whole as poſſible, and ſtove them in Rheniſh Wine and Vinegar, and two Slices of Lemon; ſeaſon with Pepper and Salt, and when tender take them out; let your Liquor be cold, skim off the Fat and pour it off clear; then put your Pigeons into the Pickle, put in ſome Mace, Nutmeg and a Bay Leaf.

### *To pickle* Neats Tongues.

YOU muſt take white Salt and Bay Salt, of each one Pound, Salt Petre and *Sal Prunella* of each one Ounce, and a Quarter of a Pound of brown Sugar: Let all theſe be boiled together to a very ſtrong Brine, and the Scum taken off clean as it riſes: When the Liquor is cold, pour it into a Tub or other Veſſel, put in your Tongues and let them lie cover'd at their full Length; turn them thrice a Week, and in three Weeks they'll be fit to boil: They may be kept in the Pickle as long as you pleaſe; or elſe you may rub them with Bran and hang them up in your Chimney, to be eaten cold.

### *Another Way to pickle* Pigeons.

BONE your Pigeons, beginning at the Rump; then take Cloves, Mace, Nutmeg, Pepper, Salt, Thyme, Lemon Peel, beat the Spice, ſhred the Herbs and Lemon Peel very ſmall, and ſeaſon the Inſides of your Pigeons, and then ſew them up, and place the Legs and Wings in Order; then ſeaſon the Outſide and make a Pickle for them.

To

To a Dozen of Pigeons two Quarts of Water, one Quart of White Wine, a few Blades of Mace, ſome Salt, ſome whole Pepper, and when it boils, put in your Pigeons, and let them boil 'till they are tender, then take them out and ſtrain out the Liquor, and put your Pigeons in a Pot, and when the Liquor is cold, pour it on them; when you ſerve them to the Table, dry them out of the Pickle, and garniſh the Diſh with Fennel or Flowers. Eat them with Vinegar or Oil.

### Beef, *or* Pork, *to be ſalted for boiling immediately from the Shambles.*

GET any Piece of Beef you deſire to boil, or Pork for the ſame, dreſſing it freſh from the Shambles, or Market, ſalt it very well, juſt before you put it into the Pot; then as ſoon as your Meat is ſalted, take a coarſe Linnen-Cloth, and flour it very well, and then put the Meat into it, and tie it up cloſe; put this into a Kettle of boiling Water, and boil it as long as you would any ſalt Piece of Beef of the ſame Bigneſs, and it will come out as ſalt as a Piece of Meat, that had been ſalted four or five Days; but by this Way of ſalting, one ought not to have Pieces of above five or ſix Pounds Weight. *N. B.* If to half a Pound of common Salt, you put an Ounce of Nitre, or Salt Petre, it will ſtrike a Redneſs into the Beef, but the Salt Petre muſt be beat fine, and well mix'd with the common Salt.

### Salmogundy.

MINCE very fine two boiled or roaſted Chickens or Veal, which you like beſt: Mince alſo very ſmall the Yolks and the Whites of hard Eggs by themſelves: Shred

Shred alſo the Pulp of Lemon very ſmall; then lay in the Diſh a Layer of the minced Meat, a Layer of the Yolks, and then a Layer of the Whites of Eggs, over which a Layer of Anchovies, and on them a Layer of the ſhred Pulp of Lemon, next a Layer of Pickles, then a Layer of Sorrel, and laſt of all a Layer of Spinach and Cloves, or of Shalots ſhred ſmall: Having thus filled the Diſh, ſet an Orange or Lemon on the Top, and garniſh with ſcrap'd Horſe-Radiſh, Barberries and Slices of Lemon; let the Sauce be Oil, beat up thick with the Juice of Lemons, Salt and Muſtard. We ſerve this Diſh in the ſecond Courſe, or for a Side-Diſh, or a Middle Diſh for Supper.

### *To pickle* Herrings, *or* Mackarel.

CUT off the Heads and Tails of your Fiſh, gut them, waſh them, and dry them well; then take two Ounces and a half of Salt Petre, three Quarters of an Ounce of *Jamaica* Pepper, and a Quarter and half Quarter of white Pepper, and pound them ſmall; an Ounce of Sweet Marjoram and Thyme chopp'd ſmall; mix all together, and put ſome within and without the Fiſh; lay them in an earthen Pan, the Roes at Top, and cover them with White Wine Vinegar, then ſet them into an Oven, not too hot, for two Hours. This is for fifteen; and, after this Rule, do as many as you pleaſe.

### *To pickle* Smelts *to exceed* Anchovies.

FIRST waſh and gut them clean, then lay them in Rows, and put between every Layer of Fiſh, Pepper, Nutmeg, Mace, Cloves, and Salt, well mix'd, and four Bay Leaves, powder'd Cochineal, and Petre Salt, beat

and mix'd with Spice; boil Red Wine Vinegar, enough to cover them, and put to them when quite cold.

### *To pickle* Pork.

GET the principal Pieces of Pork, and ſalt them lightly with ordinary Salt; then lay them hollow, that the Blood may drain from it, with the Fleſhy Side downwards; let it lie two or three Days amongſt the Salt; put ſome beaten white Pepper, and a few Cloves bruis'd; ſalt it well, and pack it very cloſe in the Thing you keep it in, with the Rind downwards, cover it with Salt, and when it has ſtood near three Weeks, put in ſo much Salt Pickle as will cover it; and then lay a falſe Bottom on the Top, to keep it under Pickle. We put the ordinary and bony Pieces by themſelves.

### Souce *for* Brawn.

HALF Beer and half Water, and Wheat Bran and Salt boiled well together, and ſo ſtrain it; and when it is cold, add more Salt, and in a Fortnight new boil it.

### Liquor *for* Sturgeon.

BOIL Beer Vinegar very well, with a little Salt, and let it be quite cold; then pour it into the Fiſh and cover it very cloſe.

### *To keep* Anchovies.

YOU muſt take Anchovies, and cover them two Inches thick with Bay Salt.

*To*

### *To keep* Mangoes *and* Bamboes.

MINGLE Muſtard and Vinegar and cover them cloſe.

### *To make* Verjuice.

WE take Crabs as ſoon as the Kernels turn black, and lay them in a Heap to ſweat, then pick them from Stalks and Rottenneſs, and then in a long Trough with ſtamping Beetles, ſtamp them to Maſh, and make a Bag of coarſe Hair-Cloth, as ſquare as the Preſs; fill it with the ſtamp'd Crabs, and being well preſſed, put it up in a clean Veſſel.

### *Very good* Vinegar.

TAKE Spring Water, what Quantity you pleaſe, put it into a Veſſel or Stone Bottle, and to every Gallon put two Pounds of *Malaga* Raiſins, lay a Tile over the Bung, and ſet the Veſſel in the Sun 'till it is fit for uſe. If you put your Water and Raiſins into a Stone Bottle, you may put it in the Chimney Corner, near the Fire, for a convenient Time, and it will do as well as if ſet in the Sun.

### *To diſtil* Vinegar *for* Muſhrooms.

PUT to a Gallon of Vinegar an Ounce and a half of Ginger ſliced, one Ounce of Nutmegs bruiſed, half an Ounce of Mace, half an Ounce of white Pepper, as much *Jamaica* Pepper, both bruiſed, a few Cloves; diſtil this. Take Care it does not burn in the Still.

### *To make* Gooſeberry Vinegar.

BRUISE Gooſeberries, full ripe, in a Mortar; then meaſure them, and to every Quart of Gooſeberries put three Quarts of Water, firſt boiled, and let ſtand 'till cold; let it ſtand twenty four Hours, then ſtrain it through Canvas, then Flannel; and to every Gallon of this Liquor, put one Pound of feeding brown Sugar, ſtir it well, and barrel it up: At three Quarters of a Year old 'tis fit for Uſe, but if it ſtand longer, 'tis the better. This Vinegar is likewiſe good for Pickles.

### *To make* Roſe *or* Elder Vinegar.

FIRST take Roſes dried, or dried Elder Flowers, put them into ſeveral double Glaſſes, or Stone Bottles, and ſet them in the Sun, by the Fire, or in a warm Oven; when the Vinegar is out fill them up again.

### *To make* Muſhroom Powder.

WASH a Peck of Muſhrooms, and rub them clean with a Flannel Rag, cutting out all the Worms, but do not peel off the Skins; put to them ſixteen Blades of Mace, forty Cloves, ſix Bay Leaves, twice as much beaten Pepper as will lie on half a Crown; a good Handful of Salt, a Dozen of Onions, a Piece of Butter as big as an Egg, and half a Pint of Vinegar; ſtew theſe as faſt as you can; keep them ſtirring 'till they have ſpent their Liquor; keep the Liquor for uſe, and dry the Muſhrooms firſt on a broad Pan in the Oven; afterward put them on Sieves, 'till they are dry enough to pound all together into Powder. This Quantity uſually makes half a Pound.

*Another*

### *Another Sort of* Muſhroom Powder.

TAKE the large Muſhrooms, waſh them clean from Grit, cut off the Stalks, but do not peel or gill them, ſo put them into a Kettle over the Fire, but no Water, put a good Quantity of Spice of all Sorts, two Onions ſtuck with Cloves, a Handful of Salt, ſome beaten Pepper, and a Quarter of a Pound of Butter; let theſe ſtew 'till the Liquor is dried up in them, then take them out, and lay them on Sieves to dry, 'till they will beat to Powder; preſs the Powder hard down in a Pot, and keep it for uſe, what Quantity you pleaſe, at a Time for Sauce.

### *To make* Engliſh Katchup.

WE take a wide mouth'd Bottle, put therein a Pint of the beſt White Wine Vinegar; then put in ten or twelve Cloves of Shalot, peeled and juſt bruiſed, then take a Quarter of a Pint of the beſt Langoon White Wine; boil it a little, and put to it twelve or fourteen Anchovies waſh'd and ſhred, and diſſolve them in the Wine, and when cold, put them in the Bottle; then take a Quarter of a Pint more of White Wine, and put in it Mace, Ginger ſliced, a few Cloves, a Spoonful of whole Pepper juſt bruiſed; let them all boil a little, when they are near cold, ſlice in almoſt a whole Nutmeg, and ſome Lemon Peel, and likewiſe put in two or three Spoonfuls of Horſe-Radiſh; then ſtop it cloſe, and for a Week ſhake it once or twice a Day; then uſe it; 'tis good to put into Fiſh Sauce, or any ſavoury Diſh of Meat; you may add to it the clear Liquor that comes from Muſhrooms.

CHAP.

# CHAP. XXVI.

## Of POTTING.

### *To pot* Hare.

FIRST bone your Hare, then half lard it, and ſeaſon it well, then lay it in a deep Pan; put in one Pound of Sewet chopp'd, and two Pounds of Butter, cover it and bake it tender, and take out the larded Pieces and ſqueeze them dry; put them into your Pot again, and cover them with clarify'd Butter; beat the other very well in a Mortar, and put it in your Pot, ſqueeze it hard down, and cover with clarify'd Butter.

### *To pot* Tongues.

LET Neats Tongues, that look red, be taken out of the Pickle; cut off the Roots and boil them till they may be eaſily peel'd: For the Seaſoning, take Salt, Pepper, Nutmeg, Cloves and Mace, and rub it well into them, and ſet them in the Oven. When they are bak'd, take them out, and turn them into another Pot to be kept for uſe: At the ſame Time, pour off all the Butter, keep back the Gravy, and cover your Tongues with other melted Butter an Inch deep.

### *To pot* Veniſon.

TAKE an Haunch of Veniſon, not hunted, and bone it; let three Ounces of Pepper, beaten, twelve Nutmegs with a Handful of Salt, be mingled together with

with Wine Vinegar: Wet your Veniſon with the Vinegar, and ſeaſon it; then with a Knife make Holes on the Lean Side of the Haunch, and ſtuff it as you would do Beef with Parſley: Afterwards, having laid it in the Pot, with the Side downward, clarify three Pounds of Butter, put it thereon with Paſte over the Pot; let it ſtand in the Oven five or ſix Hours, then take it out, and with a Vent preſs it down to the Bottom of the Pot; when 'tis cold, take the Gravy off from the Top of the Pot, boil it 'till above half be conſumed, and put it in again with the Butter on the Top of the Pot.

### *To pot* Beef *like* Veniſon.

CUT a large Veiny-piece of Beef into four Pieces; skin it and beat it with a Rolling-pin: Then let it be well rubb'd with *Sal Prunella* and Salt Petre powdered very fine, and laid in a Tray for two Days; that Time being expired, take it out, and ſeaſon it pretty high with Salt and Pepper; afterwards, having cut Beef Sewet into long Slices, let them be ſeaſoned in like Manner, and diſpoſed of in the Bottom of a Pot; lay your Meat over the Sewet, alſo two Pounds of freſh Butter broken into ſmall Pieces on the Top, and ſet in to a hot Oven: When your Beef is bak'd, take it out of the Pot with a Skimmer, ſo as to drain it from the Gravy; clear it from the Skins and Veins, and pound it in a Mortar with a little of the Butter that was ſcummed off; then put it into another Pot, and pour all the Butter over it, keeping back the Gravy. Veniſon may be potted after the ſame Manner, only you muſt not beat it in a Mortar, and Black Pepper is to be uſed inſtead of White.

### *To pot* Pork.

HAving a Leg, or any fleshy Piece of Pork, skin it and cut it out in Pieces, beat it in a Mortar very fine, season it high with Salt and Pepper, shred a good Handful of Sage, a Handful of Rosemary, mix it together, and put it into a Pot to bake, with a Pound of Butter, bake it with brown Bread, and when it comes out of the Oven, take it out with Care, and drain it from the Gravy; then put it into a dry Pot, and press it down close and hard; skim off all the Butter and put to it, and clarify as much more as will cover an Inch above the Meat; then wet Paper, cover it and set it in your Cellar: In four Days cut it

### *To pot* Lobsters.

WE boil the Lobsters till they will come out of their Shells; then take the Tails and Claws, and season them with Mace, Salt and Pepper; then put them into a a Pot and bake them with sweet Butter, and when they come out of the Oven, take them out of the Pot, and put them into a long Pot, and clarify the Butter they were baked in, with as much more as will cover them very well, set them by for Use.

### *To pot* Salmon.

HAving cut your Salmon the Bigness of your Pot you design to keep it in, then scale it, wash it, and put it in a large long Pan, and cover it over with Butter; season with *Jamaica* Pepper and Salt, and when bak'd, take it out as whole as you can and lay it in your Pot, and cover with clarify'd Butter.

*To*

### *To pot a* Pike.

YOU muſt ſcale it, cut off the Head, ſplit it and take out the Chine Bone, then ſtrew all over the Inſide, ſome Bay Salt and Pepper, and roll it up round, lay it in a Pot and bake it one Hour; then pour all the Liquor from it, and cover it with clarify'd Butter, and it will be red like Salmon.

### *To pot* Charrs.

AFTER having cleans'd them, cut off the Fins, Tails, and Heads; then lay them in Rows in a long baking Pan; cover them with Butter, and ſeaſon them with All-ſpice, Salt, Mace, and three Bay Leaves, and bake them one Hour; then take them out and drain them very well and dry from that Liquor; you may put them either ſingly or two in a Pot, and cover them with clarify'd Butter; let them ſtand till cold.

### *To pot* Lampreys.

SKIN them and cleanſe them with Salt, and then wipe them dry; beat ſome All-ſpice very fine, mix it with Salt, Cloves and Mace beaten, then turn them round and ſeaſon them and lay them on one another when you bake them; but when you pot them, if they be large, one will be enough for a Pot, bake them one Hour and drain them dry, and put ſome clarify'd Butter over and they will keep the Year round.

### *To pot* Eels.

LET your Seaſoning be *Jamaica* Pepper, common Pepper, pounded fine, and Salt; ſtrew ſome of this at the Bottom of an earthen Pan, then cut your Eels and

lay them over it; ſtrew ſome more of the Seaſoning upon them, and put in another Layer of Eels, and ſo in this Manner until you have put in all your Eels, and then place a few Bay Leaves on the Top of them: Put in as much common Vinegar as you think convenient, and make up the Quantity of Water, cover the Pan with brown Paper, and bake them: When you take them out of the Oven, pour off the Liquor; then take as much clarify'd Butter as is proper to cover them handſomely, pour it upon them and lay by for uſe.

## To pot Fowls.

BONE half a Dozen Rabbits, mince them finely, ſeaſon them with Pepper, Salt, Nutmeg, and Mace, pretty high; then take ſome Ham, and lay between each Rabbit a thin Slice of Ham; and lay between each Slice of Ham a little Butter: Be ſure not to waſh them, for then they will moſtly ſpoil the Taſte of them. Season them well with Salt, Pepper, Cloves and Mace, and let them lay 'till the next Day; then put them in an earthen Pot, with their Breaſts downwards; then clarify as much Butter as will cover them, you may, if you will, ſtrew over them ſome whole Pepper and Mace, tie the Pot down cloſe, and bake them, if they are full grown Fowls, they will take two Hours, and after they are baked, let them ſtand an Hour; then take them out of the Butter, and drain them from the Gravy, and put them into another Pot with their Breaſts upwards and fill their Craws with good Butter, and fill the Pot an Inch with the Butter you baked them with; but be careful firſt to pour it from the Gravy; and if you have not enough, you muſt clarify ſome more.

THEY are cover them with Butter and bake them

Ducks are done the ſame Way as Fowls.

*To pot Pigeons.*

TRUSS your Pigeons and season them with Pepper, Salt, Mace, Nutmeg and Cloves, as high as you think fit, and put them in an earthen Pot, cover them with Butter and bake them; when enough, pour out and drain away the Butter; and when they are cold, cover them with clarify'd Butter.

*To pot Rabbits.*

BONE half a Dozen Rabbits, mince them fine, and season them with Pepper, Salt, Nutmeg, and Mace, pretty high; then take some Ham, and lay between each Laying of the Rabbits, and fill your Pot with Butter, and let it in the Oven; about four Hours will do it. When you draw it, pour out the Butter it was baked with, and the Fat, and put your Meat in a fresh glaz'd Pot, and cover it an Inch thick with clarify'd Butter.

*Potted Curlews.*

HAving truss'd them cross-legg'd, cut off the Heads, or thrust them through like Woodcocks, season with Pepper, Salt, and Nutmeg; gut them well, then put them into a Pot with two Pounds of Butter; cover them and bake them one Hour; then take them out, and when cold squeeze out all the Liquor and lay them in your Pot and cover them with clarify'd Butter.

*Potted Wheat Ears.*

THEY are a *Tunbridge* Bird. Pick them very clean; season them with Pepper and Salt, put them in a Pot, cover them with Butter and bake them one Hour,

*To pot Mushrooms.*

TAke the best Mushrooms with a woollen Cloth, and throw them into Water as you do them; when they are all done, wipe them dry, and put them in a Sauce-pan, with a Handful of Salt, and a Piece of Butter, and stew them till they are enough, shaking them often, for fear of burning; then drain them from their Liquor, and when they are cold, wipe them dry, and lay them in a Pot, one by one as close as you can, till your Pot be full; then clarify Butter, let it stand till it is almost cold, and pour it into your Mushrooms. When cold, cover them close in your Pot. When you use them, wipe them clean from the Butter, and stew them in Gravy, thicken'd as when fresh.

## CHAP. XXVII.

### Of COLLARING.

*To collar a Breast of Mutton.*

GET a large Breast of Mutton, take off the red Skin, and all the Gristles and Bones, then grate White Bread, and the Yolks of two or three hard Eggs, a little

Lemon

Lemon-Peel, Sweet Herbs of all Sorts, and Cives, Pepper, Salt and Spice; mix these all together, with six Anchovies and lay them over the Meat; then strew your Seasoning over it, roll it hard, and bind it with Tape, and you may bake, boil or roast it: Cut it in Pieces as thick as three Fingers, and serve it with strong Gravy Sauce, and garnish it as you please, with fryed Oysters, or Forc'd Meat, or both, if you please both.

## To collar Beef.

BONE a Breast of young Beef, then make a Brine of three Gallons of Water, one Pound of Bay-Salt, two Pounds of White Salt, half an Ounce of Salt Petre, make the Brine strong enough to bear an Egg; then lay your Beef in the Brine nine Days, then take it out, and beat it with a Rolling-pin very well, season it with half an Ounce of Mace, or Nutmegs, which is best beaten fine, and not pounded; an Ounce of Bay-Berries, some dried Sweet Marjoram, powder'd small, two Dozen of Cloves, an Ounce of Pepper, a Handful or two of white Salt, beaten in a Mortar. Mix all your Seasonings together, and strew it all over the Beef; mind that the Beef be well dried, roll it up hard and bind it well in a Cloth, and put it into a Pot that will hold it; put to it three Pints, or two Quarts of Claret, half a Pint of Vinegar, and a Quart of Water; cover the Pot with coarse Dough, and bake it with a Batch of Bread, and let it stand all Night. In the Morning take it out of the Liquor, and bind it faster, and hang it up to be cold.

*To collar a Breast of Veal.*

BONE a good Breast of Veal, season it with all Sorts of Spice, but take Care you don't over do it; a little Orange and Lemon Peel minc'd small, with a few sweet Herbs, and strow it all over the Veal; in the thin Places put the Sweetbread, and roll it hard, and make it fast with Tape, and so bake it.

*Another Way to collar Beef.*

HAving a Piece of Flank Beef, about three Stone, skin it, bone it and beat it well with a Rolling-pin and lay it in Pump-Water two Days, then take it and salt it with Bay Salt, and let it lie three Days, then take a Pint of Salt Petre, and boil it in a Gallon of Water; and when it is cold, pour away the bloody Brine, and put the Petre Brine to the Beef, and let it lie three Days longer, then take one Ounce of Nutmegs, half an Ounce of Cloves and Mace, one Ounce of Pepper, a Handful of Thyme, two of Sage, and one of Sweet Marjoram, one of Savoury, chopp'd together, and strew'd all over the Beef; then roll it up, and sew it in a Cloth, and bake it as you do a Leg of Beef, but fill the Pot up with Water; you may add some Claret. When it's bak'd, and near cold, new roll it as hard as you can.

*Another Way.*

YOU must take about three Stone of Flank Beef, skin and bone it, and beat it well with a Rolling-pin; lay it in Pump-Water two Days, and then salt it with Bay Salt, and let it lie three Days, then take a Pint of Petre

Petre Salt, and boil in a Gallon of Water; boil it over Night, that it may be cold; then pour away the bloody Brine from the Beef, and put the Petre Brine to it, then take it out after boiling a little Time, and drain it; take an Ounce of Nutmeg, half an Ounce of Cloves and Mace, an Ounce of Pepper, with Herbs, one Handful of Thyme, one of Sweet Marjoram, two of Sage, and a little Savoury, chopp'd all well together, and ſtrow'd all over the Beef; then roll it up as tight as you can, and ſew it in a Cloth, and bake it in a Pan full of Water; when bak'd, and near cold, new roll it. If it be kept long, you muſt put in no Herbs; nor bake it in Water, but with Beef Sewet. Let your Rolls be ſmall, two Rolls is enough in one Pot: When they are baked, take them from the Fat hot, and ſet them by for the Gravy to run from them, then roll them up again very tight, before they are cold; and when cold, take off the Tape, and put them in your Pots, cover'd with Beef Sewet. This will keep good to the *Indies*.

## *To Collar a* Calf's Head.

TAKE it in the Skin, ſcald it, and cleave it down, and boil it till the Bones will come eaſily away; pour over it ſome Vinegar, and ſeaſon it with Mace, Pepper and Salt, Sweet Herbs, Sage, and Lemon Peel; ſtrew all over the Inſide of your Collar, and collar it as you do Brawn; boil it in Vinegar, Salt, Water, and Spice, and keep it in the ſame.

## *To collar* Pork.

BONE a Breaſt of Pork, and ſeaſon it with Pepper, Salt, Cloves, Mace and Nutmeg, and a good Quantity of Thyme and Parſley, ſhred fine; roll it in a hard

Collar

Collar, in a Cloth, and tie it hard; and boil it in a Quart of Water, Salt, a Quart of Vinegar, and a Faggot of Sweet Herbs, till 'tis tender, and when cold, keep it in this Drink.

## *To collar* Pig.

LET it be a good fat Pig, cold new, then cut off his Head, and take out all the Bones and Griſtles; take Care to keep the Skin whole, you may make two Collars, by cutting it down the Back, or make but one, juſt as you like. Lay it in Water all Night; in the Morning take it out, and dry it well, and ſeaſon it with Salt, Pepper, Cloves, Mace, Nutmeg, all beaten, ſome Herbs, take Sage, Rueſmary, and Thyme, ſtrew them, a few Marygolds, and a little Lemon Peel; roll them up hard in a Cloth, and boil them tender. To keep them, let your Sauce Drink be Water, Milk and Bran, and let them be cold before you put them in, and then Drink ſtrained.

## *To collar* Eels.

SPLIT a large Eel and take out the Bone, and waſh it, then ſtrew it with Cloves, Mace, and beaten Pepper, with Salt and ſweet Herbs, then roll it up, and tie it with Splinters round it; ſo boil it in Water and a little Salt, and White Wine Vinegar, and a Blade of Mace; when the Eel is boil'd, take it up, and let the Pickle boil a little, and when 'tis cold, put in the Eel.

## *Another Way.*

YOU muſt ſcorer your large ſilver Eels with Salt, and ſlit them down the Back; take out all the Bones, waſh and dry them, and ſeaſon them with Nutmeg, Mace, Pepper,

Pepper and Salt, minc'd Parſley, Thyme, Sage, and an Onion; then roll each in Collars in a little Cloth; tie them cloſe, and boil them in Water and Salt, with the Heads and Bones, and half a Pint of Vinegar, a Faggot of Herbs, ſome Ginger, and a little Iſing-Glaſs; When they are tender, take them up, and tie them cloſe again; ſtrain the Pickle, and keep the Eels in it.

### *Another Way.*

SKIN two large Eels, then cut them down the Back: take out the Bone, chop a Handful of Sweet Herbs and ſeaſon them with Nutmeg, Pepper and Salt; ſtrew the Herbs on the Inſide of the Eel, roll them up like a Collar of Brawn; put them in a Cloth, and boil them very tender in Vinegar and Salt, and take them up; and when they are cold, put them into the Pickle for three or four Days; if too ſharp, put in Water when you boil them.

### *To collar a Pig's Head.*

TAKE the Head of a ſcalded Porker, with the Feet, Tongue, and Ears; ſoak and waſh them well, boil them tender, and take out all the Bones and Griſtles; then ſalt them to your Taſte; take a Cloth, ſew it tight over it, and tie each End; then roll it round with a Roller, and boil it two Hours; lay it ſtraight againſt a Board, and lay a Weight upon it of five or ſix Pounds, 'till the next Day; then unroll it, and put it into Pickle, as Brawn.

# CHAP. XXVIII.

## *Of* CONFECTIONARY.

### *CREAMS.*

#### Orange Cream.

PUT to a Pint of the Juice of *Seville* Oranges, the Yolks of six Eggs, the Whites of four, beat the Eggs very well, and strain them, and the Juice together, and to it a Pound of double refin'd Sugar, beaten and sifted; set them all together on a slow Fire, and put the Peel of half an Orange into it; keep it stirring all the while, and when 'tis almost ready to boil, take out the Orange Peel, and pour out the Cream into Glasses or China Dishes.

#### Lemon Cream.

WE take five large Lemons, and squeeze out the Juice, then take the Whites of six Eggs well beaten, ten Ounces of double refin'd Sugar beaten very fine, and two Spoonfuls of Spring Water, mix all together and strain it through a Jelly Bag, set it over a gentle Fire, and stir it very well; when 'tis as hot as you can bear your Fingers in it, take it off, and pour it into Glasses; put Shreds of Lemon Peel into some of the Glasses.

#### Almond Cream.

YOU must take a Quart of Cream, boil it with Nutmeg, Mace, and a Bit of Lemon Peel, and sweeten it to your Taste; then blanch some Almonds, and beat them

them very fine; then take nine Whites of Eggs well beaten and ſtrain them to your Almonds, and rub them very well through a thin Strainer to thicken your Cream, juſt give it one boil, and pour it into *China* Diſhes, and when 'tis cold ſerve it up.

## Piſtachio Cream.

GET a Quarter of a Pound of Piſtachio Kernels, pound them very fine in a Marble Mortar, with a Spoonful or two of Roſe Water, and then boil them in a Pint of Cream, adding the Juice of Spinach to make it green to your Mind, thicken it with Eggs and ſweeten it to your Taſte, then let it in *China* Baſons to cool.

## Steeple Cream.

HAving five Ounces of Hartſhorn, and two Ounces of Ivory, put them into a Stone Bottle, and fill it up with fair Water to the Neck, and put in a ſmall Quantity of Gum Arabick, and Gum Dragant; then tie up the Bottle very cloſe, and ſet it in a Pot of Water with Hay at the Bottom; let it boil ſix Hours, then take it out and let it ſtand an Hour before you open it, leaſt it fly in your Face, then ſtrain it out, and it will be a ſtrong Jelly, then take a Pound of blanch'd Almonds, and beat them very fine, and mix it with a Pint of Cream, and let it ſtand a little, then ſtrain it out, and mix it with a Pound of Jelly; ſet it over the Fire, till 'tis ſcalding hot, ſweeten it to your Taſte with double refin'd Sugar; then take it off, and put in a little Ambergreaſe, and pour it into ſmall high Gallipots trap'd like a Sugar Loaf; when 'tis cold turn it out, and lay whipp'd Cream about it in Heaps.

### Ratifia Cream.

BOIL ſix Laurel Leaves in a Quart of thick Cream; when 'tis boiled throw away the Leaves, and beat the Yolks of five Eggs, with a little cold Cream and Sugar, to your Taſte, then thicken the Cream with your Eggs, and ſet it over the Fire again, but let it not boil, keep it ſtirring all the while, and pour it into *China* Diſhes; when 'tis cold 'tis fit for uſe.

### Rhenish Wine Cream.

PUT over the Fire a Pint of Rhenish, a Stick of Cinnamon, and half a Pound of Sugar; while this is boiling, take ſeven Yolks and Whites of Eggs, beat them well together with a Whisk, till the Wine is half driven into them, and the Eggs to a Syrup, ſtir it very quick with the Whisk till it comes to that Thickneſs that you may lift it on the Point of a Knife, but be ſure you let it not curdle; add to it the Juice of a Lemon and Orange-Flower-Water; ſo pour it in your Diſh, and garniſh with Citron and Biſket.

### Chocolate Cream.

FIRST take a Quart of Milk, a Quarter of a Pound of Sugar, and boil them together for a Quarter of an Hour, then beat up the Yolk of an Egg, put it in the Cream and give it three or four Boils: Take it off the Fire, and put Chocolate to it till the Cream has taken the Colour of it; then boil it again for a Minute, ſtrain it through a Sieve, and ſerve it in *China* Diſhes: Cinnamon Cream is made in the ſame Manner.

Maiden

## Maiden Cream.

GET the Whites of five Eggs, whip them to a Froth, and put them into a Sauce-pan, with Sugar, Milk, and Orange-Flower-Water; let a Plate over a Stove with a little Cinnamon, and pour your Cream, when it is well beaten, into the Plate; When it is enough done, brown it with a red hot Shovel.

## Whipp'd Cream.

FIRST take a Quart of thick Cream, then the Whites of eight Eggs, beaten with half a Pint of Sack; mix them together, and sweeten to your Taste with double refin'd Sugar; you may perfume it, if you please, with some Musk or Ambergreese, tied in a Rag, and steeped in the Cream, a little; whip it with a Whisk, and a Bit of Lemon Peel tied in the Middle of the Whisk; take the Froth with a Spoon, and lay it in your Glasses or Basons.

## Blanched Cream.

HAving a Quart of the thickest sweet Cream you can get, season it with fine Sugar and Orange-Flower-Water; then boil it, and beat the Whites of 20 Eggs, with a little cold Cream, take out the Treddles, and when the Cream is on the Fire and boils, pour in your Eggs, stirring it very well till it comes to a thick Curd; then take it up and pass it through a Hair-sieve; then beat it very well with a Spoon till it is cold, and put it in Dishes for use.

Stick

## Sack Cream.

TAKE a Quart of thick Cream, and ſet it over the Fire, and when it boils take it off; put a Piece of Lemon Peel in it, and ſweeten it very well; then take the *China* Baſon you ſerve it in, and put into it the Juice of half a Lemon, and nine Spoonfuls of Sack; then ſtir in the Cream into the Baſon by a Spoonful at a Time, 'till all the Cream is in, when it is a little more than Blood warm, ſet it by 'till next Day; ſerve it with Wafers round it.

## Currant Cream.

BRUISE ripe Currants in boiled Cream; ſtrain them thro' a Sieve, add Sugar and Cinnamon, and ſo ſerve it up; and ſo you may do Rasberries or Strawberries.

## Cream Croquant.

YOU muſt take four or five Yolks of Eggs, more or leſs, beat them up, and pour in ſome Milk, by Degrees, 'till your Diſh be almoſt full; then put in it grated Sugar, green Lemon Peel raſped, and put your Diſh over a quick Fire; ſtir your Milk 'till it almoſt boils. Then lower your Fire, keep it ſtirring; put ſome of your Cream round your Diſh, leaving but little in the Bottom. Take Care your Cream is not burnt, but only ſticking to the Diſh. When done enough, colour it with a red hot Fire Shovel: Then with a Point of a Knife looſen your Cream round the Diſh without breaking it; Put it again in the ſame Diſh it was in before, to ſet it dry a little more in the Oven, 'till it be much diminiſhed and crackling.

Rice

## Rice Cream.

YOU muſt take three Spoonfuls of the Flour of Rice, as much Sugar, the Yolks of two Eggs, two Spoonfuls of Sack, or Roſe, or Orange-Flower-Water; mix all theſe together, and put them to a Pint of Cream, ſtir it over the Fire, till it is thick, then pour it into China Diſhes.

## Cream the *Italian* Way.

ABOUT a Quart of Milk take, according to the Size of your Diſh, boil it with Sugar, a ſmall Stick of Cinnamon, and a very little Salt; when it is boil'd take a large ſilver Diſh and a Sieve, into which put the Yolks of four or five new laid Eggs, and ſtrain the Milk and Eggs through it three or four Times; then put your Diſh into a baking Cover, taking Care to place it very even; pour your Milk and Eggs into the Diſh; and put Fire over and under it, till your Cream is very thick, then ſerve it up. Obſerve that in all theſe Creams, mixing a little Cream with the Milk makes them the more delicate.

## Hatty Cream.

GET three Quarts of Milk warm from the Cow, and ſet it a boiling in a Skillet: When it begins to riſe, take it off the Fire, and let it ſtand a Moment. Take off all the Cream from the Top of it into a Plate. Set your Skillet again over the Fire, and continue to do as before, 'till your Plate be full of Cream; put to it ſome Orange-Flower or other ſweet Water, and forget not to powder it well with Sugar before you ſerve it.

## Cream Veloutee.

PUT to a Pint of Cream, a Bit of Sugar; then put it into a Stew-pan over the Fire; then take a Couple of Gizzards of either Fowls or Chickens, open them, and take out the Skin, waſh it well, and cut it very ſmall; then put it in a Cup, or other Veſſel, and put in it ſome of your boil'd Cream lukewarm; then put it near hot Cinders 'till it takes; then put it in your Cream, and ſtrain it off two or three Times. Put your Diſhes on hot Cinders, and lay it upon a Bevel, and put your Cream in it, cover it with another Diſh, with Charcoal under it. It being taken, put it in a cool Place. If you would ſerve it with Ice, in the Summer Time, you muſt put it in a Tin Mould with Ice both over and under.

## Cream Veloutee *with* Piſtachoes.

TAKE a Quart of Cream and a Bit of Sugar, let it boil as aforeſaid: Take a Quarter of a Pound of ſcalded and well pounded Piſtachoes, reſerve a Dozen of whole ones to garniſh the Diſh. Take a couple of Gizzards and order them as above. Put the Piſtachoes into your Cream, and skin the Gizzards as in the Cream before mentioned; ſtrain off your Cream two or three Times, pour it into the Diſh you are to ſerve it in, and cover it with another Diſh, with Charcoal over it, and it will take preſently; then put it in a cool Place, and when you ſerve it up, garniſh your Diſh with the reſerved Piſtachoes. It may be put in Ice in the Summer, as the aforeſaid Cream. If your Cream is not green enough, blanch a little Spinach, pound, ſqueeze, and put it to it. If you would make it red, take Cochineal

Cochineal or ſome Juice of baked Beet Root. *N. B.* This Way of ſetting Cream with Gizzards, is much better than to uſe Runnet or Thiſtle.

## Piſtachoe Cream au Bain Marie.

PUT to a Quart of Cream or Milk, a Bit of Sugar, a Stick of Cinnamon, and a Bit of green Lemon, and let it boil a little; then put in it a Quarter of a Pound of ſcalded and well pounded Piſtachoes: Keep ſome whole to garniſh your Diſh. A Quarter of a Pound is but for a ſmall Diſh, you muſt proportion your Quantity to the Size of your Diſh. Pour your Cream of Piſtachoes through a Sieve into your Diſh, with the Yolks of ſix Eggs, and ſtrain it off two or three Times: After this put a Stew-pan full of Water over a Stove, let your Diſh be bigger than the Stew-pan, ſo that the Bottom of it may touch the Water: Then put in your Cream, and cover it with another Diſh turned upſide down, with ſome Charcoal over it. This Cream may ſometimes be ſerved hot for a dainty Diſh in the ſecond Courſe.

## Sage Cream.

BOIL a Quart of Cream, boil it well, then add a Quarter of a Pint of red Sage Juice, half as much Roſe Water, and as much Sack; half a Pound of Sugar, and it will be an excellent Diſh; and thus you may uſe it with any Sweet Herbs, which are pleaſant and healthful.

## Cream velouted *with* Chocolate.

WE take a Quart of Cream, put in it a Bit of Sugar, a Stick of Cinnamon, and a Bit of green Lemon Peel, with a Quarter of a Pound of Chocolate broken in Pieces; let it boil all together. Your Chocolate being well mixed and boiled, and your Cream palatable, take it off: Then take two or three Gizzards of either Fowls or Chickens, open them, take out the Skins, wash and cut them small. Then put these Skins in a Cup or other Veſſel, with a Glaſs full of your luke-warm Cream, and put it near the Fire, or on hot Cinders. As ſoon as it is taken, put it in your Chocolate Cream, out of the Pans, and dry it in the Oven, then put it up.

You may bake ſome of the ſame Batter in Tin-frames, made in the Form of Hearts, Diamonds, &c. but you muſt butter the Bottom a little, or they will not come clean-ly out.

## Chocolate Cream, au Bain Marie.

AFTER boiling your Cream, order it as aforeſaid; place your Sieve upon your Diſh, and put in it ſix Yolks of Eggs, with your Chocolate Cream, prepared as before. Then ſtrain it through a Sieve, put a Stew-pan full of Water upon the Fire, let the Bottom of your Diſh touch the Water, put your Cream in it, and cover it with a another Diſh with Fire over it. Your Cream being taken put it in a cool Place, and ſerve it for a dainty Diſh either cold or hot.

Barley

### Barley Cream.

GET a ſmall Quantity of Pearl Barley, and boil it in Milk and Water till 'tis tender; then ſtrain the Liquor from it, and put your Barley into a Quart of Cream, and let it boil a little; then take the Whites of five Eggs and the Yolk of one beaten with a Spoonful of fine Flour, and two Spoonfuls of Orange-Flower-Water, then take the Cream off the Fire, and mix the Eggs in by Degrees, and ſet it over the Fire again to thicken; ſweeten it to your Taſte, pour it into Baſons, and when 'tis cold ſerve it up.

### Cream of *any* Preſerved Fruit.

WE take half a Pound of Pulp of any preſerved Fruit; put it in a large Pan, put to it the Whites of two or three Eggs, beat together exceeding well for an Hour, then with a Spoon take it off, and lay it heap'd up high on the Diſh or Salver with other Creams, or put it in the middle Baſon. Rasberries will not do this Way.

## JELLIES.

### Hartſhorn Jelly.

WE take half a Pound of Hartſhorn, and three Quarts of Water, let it boil very ſlowly till above one Quart is conſumed, the next Day, when 'tis ſettled, take away what is clear, put to it a Pint of Rhenish and a Gill of Sack, beat up with the Whites of five Eggs to a Froth, ſtir all together with refin'd Sugar, mix it and ſet it on the Fire, ſtir it well, and add to it the Juice of ſix Lemons and a Slice of the Peel; let it boil up, then ſtrain it

through your Bag till it is extremely fine, and put it into your Glaſſes.

## Blanc Manger.

PUT to a couple of Calves Feet and a Handful of Hartſhorn, three Quarts of Water, and let it boil ſlowly a long Time, till it jellys, then let it ſtand to be cold after being ſtrained, and then take off the Fat and Settings at Bottom clean away; then pound a Quarter of a Pound of blanch'd Almonds very fine, with a Top or two of Orange-Flower Water, then melt the Jelly over the Fire and take it again from all the Fat, then put your Almonds in it, and a Pint of Cream, that has been boil'd, and quite cold: Then when all is mix'd and ſweeten to your Taſte with double refin'd Sugar, ſtrain it again into Baſons: And let it ſtand till cold.

To make it red or yellow, ſqueeze it through a fine Cloth, with a little Cochineal or Saffron.

## Calves Feet Jelly.

GET Calves Feet, boil them in Water with the Meat cut off from the Bones; when cold, take the Fat from the Top and the Droſs from the Bottom and ſweeten it as the Hartſhorn Jelly, and put in the ſame Ingredients.

## Jelly of Currants.

TAKE four Pounds of Currants, and ſtrip in the Fruit, to four Pounds of Sugar brought to its crack'd Quality, boil the Syrup to a Degree between ſmooth and Pearl, till there does no Scum arile; then lay all gently in a fine Sieve, let it ſtand and drain thoroughly, then boil the Jelly from

it

it again well, and put it into Gallipots, and take off the thin Scum that rises upon them, to render the Liquor clear; two or three Days after cover the Pots with Paper, and keep it for Use.

## Jelly of Barberries

Is made after the same Manner.

## Jelly of Cherries.

HAving very good ripe Cherries, bruise them, squeese them through a Linnen Cloth, add to the Juice the same Quantity of Sugar brought to its cracked Boiling: strain your Cherry Juice, and pour into the Sugar; let it boil together, keeping it scumming till the Syrup is brought again to a Degree between smooth and pearled; Then pour it into Glasses or Gallipots, and afterwards take off the thin Scum that will arise upon them; let the Glasses stand three Days uncovered, then cover them with Paper.

## Jelly of Rasberries.

FIRST take six Pounds of Rasberries, then three Pounds of Currants, and seven Pounds and a half of Sugar brought to the cracked Boiling; strip in the Fruits, and let them all boil together, scumming it till no more Scum will rise, and the Syrup is become between smooth and pearled; then pour it out into a Sieve, set over a Copper-pan; take the Jelly that passes through, and give it another boiling, scum it well, and put it in Pots, or Glasses as before.

## Jelly of Quinces.

TAKE four Pounds of Quinces, and strip in the Fruit, to four Pounds of Sugar brought to its cracked Quality, then bruise your Quinces, then press out the Juice, and clarify it, add a Pound of clarify'd Sugar, boiled to Candy height, to every Quart of Juice. Boil them

them together, and add a Pint of White Wine, in which Plumb-Tree or Cherry-Tree Gum has been dissolved, and this will complete it.

## *Jelly of Apples, and other Sorts of Fruit.*

CUT the Apples into Pieces, set them over the Fire with Water in a Copper-pan, boil them till they turn to a Marmalade, as it were. Then strain them thro' a Linnen-Cloth or Sieve, and to every Quart of Liquor put three Quarters of a Pound of cracked boiled Sugar, boil it all to a Degree between smooth and pearled, taking off the Scum as it rises.

If you would have the Jelly of a red Colour, add some red Wine, or prepared Cochineal, keeping it covered.

After the same Manner you may make the Jelly of Pears and other Fruits.

## *To clarify* Sugar *for preserving*, &c.

HAving first provided an earthen Pan of a convenient Size with Water, break an Egg or more into it with the Shell, according to the Quantity of your Sugar. That done, let all be whipp'd together with a Whisk or Birchen-Rods and pour'd upon the Sugar that is to be melted: Afterwards, set it over the Fire, stir it about continually, and as soon as it boils, let the Scum be carefully taken off. As the Sugar rises from Time to Time, slip in a little cold Water, to prevent its running over, and to raise the Scum, adding also the Froth of the White of an Egg, whipp'd a-part; when after the Liquor has been thoroughly scumm'd,

there

there only remains a small whitish Froth, not black and foul as before, and when the Sugar, being laid on the Surface of the Spatula or Skimmer, appears very clear, take it off the Fire, and pass it thro' the Straining-bag; by which Means the Clarification will be absolutely compleated.

*Another Way for the clarifying of* Sugar.

PRivate Persons, who in preserving Fruits only have occasion to use four or five Pounds of Sugar at once, may clarify it without any Loss, in the following Manner: The Sugar is to be first dissolv'd in Water, and set over the Fire, with the White of a whipt Egg, pouring in, as soon as it swells up, ready to run over, a little cold Water to give it a Check: But when it rises a second Time, it must be remov'd from the Fire, and set it by for a Quarter of an Hour; during which Space it will sink, a black Scum only settling on the Top; which you must gently take off with the Skimmer and it will be sufficiently clarify'd, tho' not all together so clear, nor so white as the former.

*Different Ways of boiling* Sugar.

THE common People generally judge Sugar to be boiled enough, when some Drops of it put upon a Plate grow thick or ropy, and cease to run any longer: Indeed, this Way of boiling is proper for certain Jellies, and Compotes of Fruit; but little Progress would be made in the Confectionary Business if nothing else were known; Therefore 'tis absolutely necessary to understand all the different Degrees of boiling Sugar.

These Boilings are performed by Degrees, and the following Denominations are appropriated thereto; that is to say,

### The Feather'd Boiling.

IF ſome Sugar reduc'd to the Condition expreſs'd in the preceding Article, were put between the Teeth, it would ſtick to them, as if were Glue or Pitch; but when 'tis brought to the utmoſt Degree of Height it breaks and cracks, without ſticking to the Teeth. Therefore, Care muſt be taken to obſerve every Moment, when it is boiled to the laſt Degree; purſuing the Directions juſt before given, in Practice, to diſcover when it is crack'd, and afterwards boiling on Sugar to offer it with your Teeth, to try whether it ſticks to them: As ſoon as you perceive that it does not, but on the contrary, cracks and breaks cleverly, remove it forthwith from the Fire, leſt it will burn, and be no longer good for any Manner of Uſe. However, as to the other well-conſtituted Boilings, if after having preſerved any Sweet-meats, ſome Sugar be left, that is cracked for Inſtance, or Feathered, and which cannot be uſed again in that Condition, it only requires, to put as much Water thereto as is needful to boil it over again, and then it may be brought to any Degree whatſoever, and even mingled with any other Sort of Sugar or Syrup. The Pearled Boiling is generally uſed for all Sorts of Comfits that are to be kept for a conſiderable Time. The Uſe of the other Ways of boiling, ſhall be ſhewn in treating of ſeveral Sorts of Sweet-meats, to which they are appropriated.

Sometimes Fruit may be preſerved with this Sugar, that is to ſay, when two Ladles full of clarified Sugar are put to one of Water, four or five, or more or leſs, proportionably to the Quantity of the Fruit which are to be well ſoaked therein: To that Purpoſe you muſt beat

the Sugar and Water together, some what more than luke-warm, in order to be poured upon them.

*To preserve Green Gooseberries Liquid.*

IN the Gooseberries on one Side with a Pin, and take out all the small Grains that are on the Inside; then put them into very clear Water set over a gentle Fire. As soon as they rise on the Top of the Water, they are to be removed, and set by in the same Liquor: When they are cool'd, let them be put into other fresh Water over a moderate Fire, 'till they recover their green Colour, and become very tender. Afterwards being boil'd again in fair Water, they are to be well drained, and put into Sugar pass'd through the Straining-Bag: As shall now Instance, give them fourteen or fifteen Boilings to the End that they may throughly imbibe the Sugar, and stand by 'till the next Day, then having drain'd them, flip them into the Syrup boiled to the Pearl'd Degree, and let them have four or five covered Boilings, which will bring the whole Work to Perfection.

*To preserve Cherries Liquid.*

AFTER having cut off Part of their Stalks, flip them into a Pan of Sugar boiled to the third Degree, called Blown; where they ought to have six or seven cover'd Boilings, before they are set by. The next Day they are to be drained, and put into Sugar again boiled 'till it becomes Pearled. Then add some Syrup of Currans of the same Quality, to give them a fine Colour, and put them into Pots to be kept for Use.

## Cherries *preserved dry*, and Strawberries.

HAving Cherries preserved dry, out of which the Stones have been already pick'd, put in their room as many Strawberries, likewise preserved dry. That done, let all be dry'd in the Stove, after they have been strew'd with Sugar, as well in the dressing as in the turning of them.

## Cherries *in Ears*.

YOU may be also dress'd in Ears, after the following Manner. Which is, to open and spread them joining together, so as their Skins may remain on the Outside, and the Pulp on the Inside; then another Cherry of the same Nature is to be added on each Side, the Pulp of which, is to be laid upon the Skin of the others.

## Cherries *booted after the Royal Manner*.

GET *Kentish* Cherries, or others with short Stalks, and put them into Sugar boild to the second Degree, called Pearl. Before they are set into the Stove to dry, other Cherries preserved in Jars are likewise provided, which must be laid upon them two-ways, to the Number of three, four, or five, and afterwards set into the Stove. These are commonly called, Booted Cherries.

## *To preserve* Red Currants Liquid.

YOUR Currants being pick'd, let them be put into Pearled Sugar, and have a light covered Boiling; then they are to be strained and the next Day strained through a Sieve, while the Syrup is boiled to a Degree be-

tween

tween Smooth and Pearled: Afterwards ſlip in the Fruit, and add as much other Pearled Sugar as is requiſite to ſoak them: They ought alſo to have ſeveral covered Boilings between Smooth and Pearled, carefully taking off the Scum, and ſtirring them 'till they are cool'd a little, to prevent their turning to a Jelly.

## Currants *preſerved in Bunches.*

YOU muſt take a convenient Quantity of Currants tied up in Bunches, and bring your Sugar to the fourth Degree of Boiling, called, Feathered; then ſet them in Order in the Sugar, and let them have ſeveral covered Boilings: They are to be ſpeedily ſcumm'd and not ſuffer'd to have above two or three Seethings; that done, let them be ſcummed again and ſet into the Stove in the Copper-pan; the next Day being cool'd, drain them in Bunches, in order to be well ſtrewed with Sugar, and dry'd in the Stove.

## *To preſerve* Rasberries Liquid.

LET four Pounds of good Rasberries be pick'd and put into three Pounds of Pearled Sugar: Give them a ſmall Boiling lightly cover'd, and ſtir them from time to time. Then they are to be cool'd, drain'd and dry'd as Cherries, and the Quantity of pearled Sugar augmented, to the end that there may be enough for the diſſolving of the Fruit.

## Rasberries *preſerved dry.*

YOU muſt take Rasberries that are not too ripe, pick them, and put them into Sugar that has attained to its blown Quality, in order to have a cover'd Boiling: Afterwards

...wards, being ... from the Fire, they are to be ... and ... into an Earthen Pan, to continue in the Stove Twenty-four Hours, allowing as much a Quantity of Sugar as of Fruit. As soon as they are cool'd, let them be drain'd from their Syrup, and dried on other Sweet-Meats, before they are ... and dried after the ... manner.

## *To preserve Peas Plumbs, white or green.*

TAKE the Plumbs, cut their Stalks off, and wipe them. Then adding an equal Weight of Sugar, put them into a Copper Pan; let them stand in it, and slow, being close cover'd, till they become tender, but they must not boil. When they are so, lay them in a Dish, strew them with Sugar, and cover them with a Cloth, to be set by all Night. The next Day put them again into the Pan, and let them boil pace, taking care that they be well scummed when your Plumbs look clear, the Syrup will turn to Jelly, and they are enough. If the Plumbs are ripe, peel off the Skins before you put them into the Pan; by which Means they'll be the better and clearer when done. If you would have them white, Gum-Arabick for the green Colour, but this is done with the Bird-lime.

## Red Plumbs.

WHEN these Sorts of Plumbs are provided, such as Imperial or Apricock Plumbs, Bell Plumbs, and Orange Plumbs; Cut, let them be slit on one Side, and cockt, and stoned. Then for four Pounds of Fruit, take the same Quantity of Sugar, put it thro' the straining-bag; put all together into a Copper-pan over the Fire, and boil them

them continually, left the Skins of the Plumbs should break; let them simmer a while, and then let them by to cool. Afterwards, they are to be drain'd on a Colander or Sieve while the Syrup is boiled smooth, slip your Fruit into the same Syrup, and give them seven or eight covered Boilings, carefully taking off the Scum from time to time, even when the Pan is removed from the Fire. Lastly, the Plumbs being put into Earthen Pans, must continue in the Stove all Night; so that the next Morning you may drain them as soon as they are cool, and dress them in order to be dryed in the Stove upon Sieves or Glasses.

## Plumbs preserved with half Sugar and dryed.

LET your Plumbs of Fruit be boyled a little in the like Quantity of Sugar brought to the second Degree of boiling, call'd Pearled; and then let by till they have cast their Juice. Some time after, set them over the Fire again, and boil them till the Syrup becomes pearled. But they must lie in Pans till the next Day, when they are to be drain'd, strewed with Sugar, and dryed in the Stove. The same Method may be used in preserving all sorts of good Plumbs, or for the green, and they may also be par-boyled in Water.

## To preserve Apricocks.

TAKE Apricocks that are moderately ripe, part and stone them, let them lie a whole Night in the Preserving pan, among Sugar beaten to Powder. The next Morning put in a small Quantity of fair Water, or white Wine, and let them on Embers, so as the Sugar may be melted by Degrees. When your Apricocks are boyled a little,

little, take them off, and let them cool; that done, ſet them on again, and boil them till they are tender and well coloured.

### *Pared* Apricocks *preſerved another Way.*

AFTER having neatly par'd and ſton'd your Apricocks, ſlitting them on one Side, let them be ſcalded in Water almoſt boiling hot: When they are all equally entire and ſoft, they are to be put into clarify'd Sugar, and boil'd till no Scum or Froth ariſes any longer, which muſt be always carefully taken off: The next Day they are to be drain'd, while the Syrup is boil'd till it has attained to its ſmooth Quality, augmenting it with Sugar: Then turn the Apricocks into the Pan, and having given them a Boiling, let them be ſet by: On the Day following, drain them, and let the Syrup be boiled till it comes to the ſecond Degree, call'd Pearled: Afterwards ſlip them into the Pan again, adding ſome Sugar likewiſe pearled, and give them a cover'd boiling, in order to be ſet into the Stove till the next Morning; when they are to be taken out, and put into Pots, ſo as they may be eaten in the ſame Condition, or dried at Pleaſure.

### Apricocks *in* Ears.

APricocks that have been ordered after this, or any other Manner, may be dreſs'd in Ears; to which Purpoſe it is only requiſite to turn one of the Halves, without looſening it altogether from the other; or to join the two Halves together, ſo as they may mutually touch one another at both Ends, one on one Side, and the other on the other.

Apri-

## Apricocks preserved dry.

TO dry your Apricocks at all Times, ſet a Copper-pan with Water over the Fire, and the Pot or earthen Pan containing the Fruit, in the Middle of the ſame Pan. After the Water has [illegible] in Flour, the Apricocks will be heated, and you will have the Liberty to take them out to be dried; then they may be dreſs'd upon the Glaſs or Boards in order to be ſet into the Stove, after they have been ſtrew'd with Sugar.

## *To preſerve* green Walnuts.

IF your Walnuts be gathered in fair Weather, before the Shell grows hard, after having boiled them in Water, to take away their Bitterneſs, put them into other cold Water, peel off their Rind, and lay them in your Pan, with a Layer of Sugar to the Weight of the Nuts, and as much Water as will wet it. When they are boil'd up over a moderate Fire and cool'd, do the ſame Thing a ſecond Time, and ſet all by for uſe.

## *To preſerve* White Walnuts.

HAving provided Walnuts that are come to their full Growth, but before the Wood is formed, pare them neatly 'till the White appears, and throw them into fair Water: Afterwards let them boil for ſome time in the ſame Water while other Water is ſet over another Furnace, into which the Walnuts are to be put as ſoon as it begins to boil. To know whether they are done enough, prick them with a Pin from Time to Time, ſo that when they ſlip off from it, they muſt be removed from the Fire. To make them white, throw in a Handful of

beaten Allum, and give them one Boiling more; then they are to be forthwith cool'd by turning them into fresh Water, in order to the preserving the Sugar, allowing one Ladle full of Water for every Pound of Sugar. After your Walnuts are well drain'd, dip them into Earthen Pans, and having mixed the Sugar and Water to be heated together, pour it upon them. Do the next Day you are to clear the Syrup from the Pan, without removing the Walnuts, because they must not be set over the Fire at all: Let this Syrup have five or six Boilings, augmenting it a little with Sugar, and let it be pour'd on the Walnuts. On the second Day boil the Syrup five or six Boilings; on the third Day boil it very high, between smooth and pearl, and also then pour'd, take Care to increase the Quantity of Sugar at every time, so that the Walnuts may be equally soaked in the Syrup. To bring the whole Work to Perfection, let them continue in the Stove three or four Days, and the next Morning they may be put into Pots, or you may make an End of drying them in the same Stove as Pleases, as other Sorts of Fruit.

For Walnuts preserv'd Liquid, in case you add some Syrup of Apricots, they'll keep much better. If you have a Mind to stuff them with Lemon-peel, it may be done before they are set in the Stove. For that Purpose it would be requisite to make an Opening with the Point of a Knife, either through, or on the Top of the Walnut, and then the Lemon-peel cut small from thence will appear more natural. Some Cloves added, it will give it a Perfume very grateful both to the Taste and Smell.

To

*To preserve Mulberries liquid.*

TAke two Quarts of Mulberry Juice be ſtrained, add-
ing thereto a Pound and a half of Sugar; boil them
together hard, as ſoon as the Sugar is diſſolved, and
Syrup, then ſkim it, and put in two Quarts of Mulberries,
that are not over ripe, and after they have had one Boil,
pour all into an Earthen Veſſel, in order for their future
uſe, and kept for Uſe as the Firſt.

*Another Way of preſerving Mulberries wet.*

BOil your Sugar till it is little pearled, allowing
three Pounds of it for four Pounds of Mulberries, and
give them a light cover'd boiling in the ſame Sugar, gently
ſhifting the Pan, by means of the Handles. This done,
remove it from the Fire, and ſet it by till the next Day,
when you are to drain off the Syrup, and boil nothing it
to its pearled Quality. After which put in your Fruit, boil-
ing a little more pearled Sugar, if it be requiſite, and diſ-
poſe of all in Pots as ſoon as they are ſufficiently cool'd.

*Mulberries preſerved dry.*

FOr Walnuts preſerved liquid, take you and
ſuch Mulberries as are not over ripe, and
having provided as much Sugar as Fruit, let it be clarify'd
with the Juice of Mulberries, and brought to the third
Degree of boiling, call'd Blowing; then throw in your Mul-
berries, and give them a cover'd boiling; afterwards re-
moving the Pan from the Fire, take off the Scum, and
leave it in the Stove till the next Day. And when they are
taken out and cool'd, drain them from their Syrup, and

dreſs them upon Slates, to the End that they may de dry'd in the Stove, strew'd with Sugar, as the other Sorts of Fruit. Lastly, they must be turned again upon Sieves, and when thoroughly dry, lock'd up in Boxes for use, as Occasion may serve.

*To preserve* Barberries.

GATHER the fairest Bunches in a dry Day, and boil them in a Pottle of Claret till they are soft; after having strained them, add six Pounds of Sugar, with a Quart of Water, and boil them up to a Syrup; then put your scalded Barberries into the Liquor, and they'll keep all the Year round.

*To preserve* Medlars.

SCALD your Fruit in fair Water, till the Skin may be easily peel'd off; then stone them at the Head, adding to every Pound the like Weight of Sugar, and let them boil till the Liquor become ropy; at that Instant remove them from the Fire, and let them by for use.

*To preserve* Green Pippins.

HAving provided Pears that are found and not over-ripe, let several Rows of them in order at the Bottom of a Pan, then strew Sugar over them, and so proceed till the Pan be full; then set them in a Stove, or before the Fire, till they are very soft. Then cut out the Cores, and mix the Pulp with the Liquid, allowing ten Pippins, and two Pounds of Sugar to a Pottle thereof: When it is come to a due Consistence, put in the Fruit you would have preserved, and let them boil till they have a greener Colour than natural.

Green

## Green Apples *prepared after another Manner.*

TAKE any kind of ſweet and ſmall Apples; which are to be pared, leaving the Stalks, and ſlit a little, for the better ſoaking in of the Sugar; that done, throw them into Water, that they may be cleans'd and ſcalded; when cool'd, let them be brought again to a green Colour, in the ſame or other freſh Water; as ſoon as they are become very ſoft let them be cool'd again, drain'd, and put into clarify'd Sugar in order to have ſome Boilings. The next Day the Syrup is to be boil'd ſmooth; at another time between ſmooth and pear'd, and at laſt very much pearled; at which Inſtant the Fruit is to be ſlipt in, that all may ſimmer together for ſome time. The next Morning give your Apples a cover'd boiling before they are taken off from the Fire to be diſpoſed of in Pots or Glaſſes, or elſe to be cool'd and drain'd for drying in the ſtove.

## *To preſerve* Pears.

HAving provided Pears that are ſound, and not over-ripe, ſet ſeveral Rows of them in Order at the Bottom of an Earthen Pan, and cover them with Vine Leaves; put another Layer of Pears upon them, and ſo do till the Pot is full; then to each Pound of Pears add half a Pound of Sugar, and as much fair Water as will diſſolve it over a gentle Fire: Let them boil till they are ſomewhat ſoft, and afterwards let them by to die.

### Pears *preſerved in Quarters, and otherwiſe.*

BEſides ſeveral Sorts of Pears which may be preſerved whole and dry, there are others of a large Size, which can only be ſo order'd in Quarters as to be kept Liquid. If you are deſirous to preſerve pretty big Pears altogether entire, their Core, with ſome of their Pulp in the Middle, is to be neatly ſcooped out, as it were that of an Orange. They are brought to Perfection by boiling them ſeveral times in Sugar, and may alſo be dried.

### *To preſerve* Quinces Liquid.

HAving provided the ſoundeſt, the yelloweſt, and ripeſt Quinces, let them be cut into Quarters, clear'd from the Cores and par'd; Boil all together in a ſufficient Quantity of Water; and as ſoon as they are become very ſoft, remove the Pan from the Fire; then taking up the Pieces that are to be preſerved with the Skimmer, put them into freſh Water to cool, and ſet the reſt over the Fire again, that they may have twenty other Boilings: After this Decoction being paſs'd thro' the ſtraining Bag, take two Ladles full of it, with one of clarify'd Sugar, proportionably to the Quantity of your Fruit, and turn all into a Copper Pan, with Quinces, in order to boil over a gentle Fire. Some Sugar muſt alſo be added, accordingly as the firſt Syrup conſumes away, without pouring in any more Decoction; and the whole Meſs is to be well boil'd till the Syrup becomes pearled. That done let it be cool'd, and dreſs your Quinces in Pots, Glaſſes, or Boxes, pouring the Syrup upon them, which will be very fine, and of a lively red Colour, if the Pan was cover'd in the boiling.

*To preserve* Seville Oranges *in* Quarters *or in* Sticks.

THE Oranges are first to be turn'd, or else zested, according as the Design is, either to preserve them in Zests or Chips, or to make Faggots. Turning in this Sense, is a Term of Art, which denotes a particular Manner of paring Oranges and Lemons when the outward Rind or Peel is par'd off very thin and narrow, with a Knife proper for that Purpose, winding it round about the Fruit so as the Peel may be extended to a very great length without breaking. To zest, is to cut the Peel from Top to Bottom into small Slips as thin as it can possibly be done. The Orange being thus prepared, may be cut into Quarters or into Sticks at Pleasure, but the Skin in the Inside and the Juice must be taken away: Then let them be thrown into Water, set over the Fire, as soon as it begins to boil; and when they are done enough, (which may be perceived by their slipping off from the Pin) they are to be cool'd and put into fresh Water, as also afterwards into clarify'd Sugar; so as to have seven or eight covered Boilings, before you set them by to cool. They must likewise be boil'd over again, till the Syrup becomes almost smooth, and drain'd the next Day, in order to be put into Pots, while the Syrup is made pearled, which being pour'd upon your Oranges, they may be kept in that Condition, till it shall be judg'd expedient to dry them.

Seville Oranges *preserved entire.*

AS you turn or zest your Fruit, throw them into fair Water, and afterwards scald them, till they become very soft, and slip off from the Pins: Then they are to be

cool'd

cool'd and ſcoop'd with a little Spoon made for that Purpoſe, at a ſmall Hole bor'd in the Middle, where the Stalk grew: They are uſually put into Sugar, and dry'd after the ſame Manner as Quinces and Sticks of Oranges.

## Faggots *of* Oranges.

THIS Term is uſually appropriated to Orange Peels, when turn'd or par'd very thin, and extended to a great length, which are often preſerved, eſpecially thoſe of ſweet Oranges, after the following Manner, *viz.* Theſe Faggots are to be firſt ſcalded in Water over the Fire, 'till they become very ſoft, and put into clarify'd Sugar, allowing them twenty Boilings: The next Morning the Syrup muſt be made ſmooth, and the Orange-Paring put into it, that they may have two or three Boilings. On the third Day you are to drain them, and afterwards give them a covered Boiling in Pearled Sugar, in order to be diſpoſed of in Pots for Uſe, unleſs you would have them dry'd at the ſame Inſtant: This may be effected by cauſing other Sugar to be made white, rubbing it on one Side of the Pan with the Skimmer, and boiling it to the fourth Degree, called Feathered: That done, ſlip your Faggots into it and dreſs them in Rocks.

## Oranges *preſerved in Zeſts.*

AS your Oranges are zeſting in the above-mentioned Manner, throw the Zeſts or Chips into fair Water on one Side, and the Quarters on the other, to prevent their turning black: That done, heat the Water, and put your Zeſts therein, to be ſcalded 'till they become very ſoft: Then having ſlipt them into freſh Water, they muſt be cool'd

cool'd, and ordered with thin Sugar, putting one Ladle full of Water into a Pan, for every two of clarify'd Sugar; thus all muſt be heated over the Fire, as long as you can well endure to hold your Finger in the Liquor. In the mean time, the Orange-Chips being drain'd and ſlip'd into an earthen Pan, the hot Sugar is to be pour'd upon them 'till they are thoroughly ſoaked: The next Day they are to be drain'd thro' a Colander while the Syrup is boil'd 'till it become a little ſmooth; afterwards this Syrup muſt be pour'd again upon the Zeſts; as alſo on the third Day: When you have brought it to its pearled Quality, and augmented it with a little Sugar, on the the fourth Day, drain your Orange-Chips again and dry them in the Sieve or Hurdles, or upon a Grate. They muſt alſo be turn'd from time to time, 'till they are very dry, and at laſt put in Boxes.

### Oranges *preſerved in ſmall Slips.*

WHEN your Fruit is zeſted, cut out the Pulp into Slips, which are to be ſlit again in their Thickneſs, to render them very thin. At firſt, you are to ſcald theſe Orange Slips in Water over the Fire, 'till they become very ſoft. That done, they are to be thrown into clarify'd Sugar, newly paſſed through the Straining-bag, when it is ready to boil, in order to have twenty Boilings. The next Day having brought the Sugar to its ſmooth Quality, and put your Slips into it, let them have ſeven or eight Boilings: On the thrid Day you may boil your Sugar 'till it is pearled, and give them a cover'd Boiling. Some time after, they are to be put into Pots or other Veſſels and dry'd as Occaſion ſerves.

*Note*, Lemons, Limes, and Citrons, are preſerved much after the ſame Manner; either entire, or in Sticks, Faggots, Zeſts, Slips, *&c.*

### *To preſerve* Eringo Roots.

LET two Pounds of fair Roots, waſh'd and cleans'd, be boil'd very tender over a moderate Fire; then peel off the outmoſt Rind, but take care to avoid breaking them. After they have lain a while in cold Water, ſlip them into your Pan of Sugar boil'd to a Syrup, allowing to every Pound of Sugar, three-Quarters of a Pound of Roots; which having boil'd gently a ſhort time, may be ſet by to cool, and afterwards laid up for uſe.

### *To ice* Almonds.

BLANCH your Almonds and put them into an Ice ready prepared with the White of an Egg, powder'd Sugar, Orange or Lemon Flowers and *Seville* Orange: Roll them well in this Compound ſo as they may be neatly iced, and afterwards dreſs'd on a Sheet of Paper, in order to be bak'd in the Campagne Oven, with a gentle Fire underneath, and on the Top.

### *To make* White Criſp-Almonds.

AFTER having ſcalded and blanch'd the Almonds, throw them into Sugar boil'd in the fifth Degree call'd Crack'd: That done, let all have a Walm or two together, keeping your Almonds ſtirr'd and turn'd, to the End that the Sugar may ſtick cloſe in them.

Criſp

## Criſp Almonds *of a grey Colour.*

HAving melted a Pound of Loaf, or Powder-Sugar, with a little Water, let a Pound of Almonds be boiled in it 'till they crackle: Then take off the Pan from the Fire, and ſtir all about inceſſantly with the Spatula; if any Sugar be left, heat it again over the Fire, that it may entirely ſtick to the Almonds, continuing to ſtir them without Intermiſſion, 'till the Work be brought to Perfection.

## Red criſp Almonds.

YOU muſt let your Almonds be ordered as before, only the Sugar being boiled 'till it becomes crack'd, add as much prepared Cochineal, as will be requiſite to give it a lively Colour, and let it boil again to cauſe it to return to its crack'd Quality: At that very Inſtant, toſs in your Almonds, and removing the Pan from the Fire, ſtir them without Intermiſſion, as at firſt, 'till they are dry. The Cochineal may be prepared only by boiling it with Allum and Cream of Tartar, which Liquor is generally us'd for every thing that is to be brought to a fine Colour, as Marmalets, Jellies, Paſties, Creams, *&c.*

## Piſtachoes *in* Surtout.

HAving provided a convenient Quantity of Piſtachoes, clear them from their Shells, and cauſe them to be made criſp after this Manner: As ſoon as the Sugar has attain'd to the fourth or Feather'd Degree of boiling, throw in your Piſtachoes, and when they have continued a while in it, remove the Pan, ſtirring them well 'till they are all cover'd, but they muſt not be again ſet over the Fire: Af-

terwards, they are to be dipp'd into the White of an Egg, beat up with a Spoon, adding a little Orange-Flower Water: That done, take them out and roll them in dry Powder-Sugar. Laſtly, having laid them in Order upon white Paper, bake them gently in a Campagne Oven, with a little Fire underneath, and more on the Top: When they are ſufficiently baked, and brought to a good Colour, they may be taken out of the Oven, in order to be dry'd in the Stove.

### *To make clear* Cakes *of* Plumbs.

WE take any Sort of Plumbs, and having ſton'd them, ſlip them into a Jugg, ſet in a Pot of boiling Water: When they are diſſolved, ſtrain them through a fair Cloth; and to a Pint of the Liquor, add a Pound of Sugar brought to a Candy height. Let all be well incorporated, and boil a little, ſtirring them together. Afterwards, put your Cakes into Glaſſes, and ſet them in the Stove moderately heated, otherwiſe they will grow tough. Let them ſtand ſo two or three Weeks, without being cool'd, removing them from one warm Place to another: Turn them every Day, 'till they are thorough dry, and they'll be very clear.

### *So make a* Cake or Paſte *of* Cherries.

STONE your Cherries, and ſtew them in a Pan 'till they have caſt their Juice, that done lay them in Order in a Sieve, and let them be well drain'd; afterwards they are to be beaten in a Mortar and ſet over the Fire again to be throughly dry'd: In the mean Time having allow'd a Pound of Sugar for every Pound of Cherry Paſte, let

let it be brought to its crack'd Quality, and pour upon the ſame. A little while after your Cakes may be dreſſed upon the Slates with a Spoon, and ſet in the Stove.

### *To make clear* Quince Cakes.

YOU muſt let a Pint of the Syrup of Quinces, with a Quart or two of Rasberries, be boiled and clarify'd over a gentle Fire, taking Care that it be well ſcummed from Time to Time: Then having added to the Juice a Pound and a half of Sugar, cauſe as much more to be brought to a Candy height, and poured in hot. Let the whole Maſs be continually ſtirr'd about 'till it is almoſt cold; then ſpread it upon Plates, and cut it into Cakes of what Form or Figure you ſhall think fit.

## *MARMALETS and QUIDDANIES.*

### Marmalet *of* Cherries.

YOUR Cherries being firſt ſton'd, are to be ſet over the Fire, in a Copper-pan, to cauſe them to caſt their Juice: Afterwards, being drain'd, bruis'd and paſs'd thro' a Sieve, the Marmalet muſt be put again into the Pan, to be dry'd over a quick Fire, carefully ſtirring and turning it on all Sides with the Spatula, ſo as no Moiſture may be left, and 'till it begins to ſtick to the Pan: In the mean while, boil ſome Sugar 'till it be greatly Feathered; allowing one Pound of it for every Pound of Fruit or Paſte: That done, cauſe all to ſimmer together for a while, and put your Marmalet into Pots or Glaſſes ſtrew'd with Sugar, or elſe proceed to the drying of it.

Mar-

## Marmalet *of* Currants.

GET a ſufficient Quantity of Currants ſtripp'd off from the Bunches, and ſoak them in boiling Water 'till they break: That done, removing them from the Fire, drain them upon a Sieve, and when cold, paſs them thro' the ſame Sieve, to clear off the Grains: Afterwards they are to be dry'd over the Fire, as before, while the Sugar is brought to the fifth Boiling called, Cracked, allowing the ſame Weight of it as of the Fruit: Let all be well intermixed together, in order to ſimmer for ſome time, let your Marmalet be conveniently diſpoſed of in Pots, *&c.*

Marmalet of Bell-Grapes is made after the ſame Manner.

## Marmalet *of* Rasberries.

WE uſually make the Body of this Marmalet of very ripe Currants, to which is only added a Handful of Rasberries, to make it appear as if it conſiſted altogether of the latter.

## Marmalet *of* Plumbs.

IF they are ſuch Plumbs as ſlip off from their Stones, thoſe Stones are to be taken away: Otherwiſe ſcald your Fruit in Water, 'till they become very ſoft; let them alſo be drain'd and well ſqueezed thro' the Sieve; then dry your Marmalet over the Fire, and let it be temper'd with the ſame Weight of crack'd Sugar: Laſtly, having cauſed it to ſimmer for a while, let it be put into Glaſſes or Pots, and ſtrew'd with Sugar.

Mar-

## Marmalet *of ripe* Apricocks.

HAving provided five Pounds of ripe Apricocks, let them boil in two Pounds of pearled Sugar, 'till they have thrown out all their Scum, and then remove them from the Fire. As ſoon as they are cool'd, ſet them again over the Fire to be broken and dry'd, 'till they do not run any longer: In the mean Time, let three Pounds and a half of Sugar be brought to its crack'd Quality, in order to be incorporated with the Paſte; let all ſimmer together for ſome time, and let the Marmalet, ſtrew'd with fine Sugar, be turned into Pots as the others.

## Marmalet *of* Apples.

AT firſt ſcald your Apples in Water over the Fire, and when they are become very tender, let them be taken out and drain'd; then ſtrain all thro' a Sieve, and boil your Sugar 'till it be very much Feathered; allowing three Quarters of a Pound of it for every Pound of Fruit. The whole Maſs being well temper'd and dry'd over the Fire, according to the uſual Method, let it ſimmer together, then pour your Marmalet into Pots or Glaſſes, ſtrew'd with Sugar. Marmalet of Pears is made altogether according to this Method.

## Marmalet *of* Quinces, *according to the Mode of the City of* Orleans *in* France.

AFTER having pick'd out the beſt Sort of Quinces, cut them into Pieces, in order to be par'd and clear'd from the Cores and Kernels. In the mean while, having caus'd two Pounds of Sugar to be brought to its cracked Quality,

Quality, ſlip in about ſix Pounds of Fruit, and let all boil together to a Pap, which you muſt turn into a new Cloth to be well ſtrain'd, and the Liquor that paſſes thro' will ſerve for the Marmalet: Let this ſtrain'd Liquor be pour'd into other pearled Sugar to the Quantity of four Pounds, and as ſoon as the Syrup returns to the ſame Degree of Boiling, let it be carefully ſcummed; then removing the Pan from the Fire, take off the Scum again (if their be Occaſion) and pour your Marmalet into Pots, Glaſſes, or Boxes, which muſt be left in the Air for ſome Days before they are cover'd.

## Marmalet *of* Quinces *after the* Italian *Manner.*

HAving about thirty Quinces par'd, and the Cores taken out, put to them a Quart of Water, with two Pounds of Sugar, and let all boil together 'till they are ſoft; then ſtrain the Juice and the Pulp, in order to be boiled up with four Pounds of Sugar to a due Conſiſtence.

## Marmalet *of* Oranges.

PARE your Oranges as thin as poſſible, then boil them 'till they are ſoft; then take double the Number of good Pippins, cut them into Halves, core them, and boil them to Pap, ſo as they may not loſe their Colour; ſtrain the Pulp, and add a Pound of Sugar to every Pint: Afterwards take out the Orange-Pulp, cut the Peel, and let it be made very ſoft by boiling, in order to be bruiſed in the Juice of Lemons, and boiled up again to a Conſiſtence with your Apple-Pulp, and half a Pint of Roſe-Water.

### *To make* Quiddany *of* Pippins *of an Amber or Ruby Colour.*

PARE your Pippins, cut them into Quarters and boil them with as much fair Water, as will cover them, 'till they are ſoft, and ſink in the Water: Then having ſtrain'd the Pulp, let a Pint of the Liquor be boil'd with half a Pound of Sugar, 'till it appears a quaking Jelly on the Moulds: When your Quiddany is cold, turn it on a wet Trencher, and ſlide it into Boxes. If you would have it of a red Colour, let it boil leiſurely cloſe cover'd 'till it is as red as Claret Wine.

### *To make* Quiddany *of all Sorts of* Plumbs.

BOIL your Plumbs in Apple Water, 'till they are as red as Claret: When you have made the Liquor ſtrong of the Fruit, put to every Pint half a Pound of Sugar, and let it boil till a Drop of it will hang on the Back of a Spoon like a quaking Jelly. If you would have your Quiddany of an Amber Colour, only boil it over a quick Fire, and that will produce the deſired Effect.

### *To make* Quiddany *of* Rasberries.

HAving pick'd your Rasberries, put them into a Pot, ſtop it cloſe, and ſet it in a Kettle of boiling Water. When they have been ſtewed thus almoſt an Hour, ſtrain the Liquor from the Pulp, and add thereto the Weight of double refin'd Sugar, with a little Musk or Ambergreaſe: That done, let all boil together over a quick Fire, for if they are long in boiling, they'll loſe their Colour. Quiddany of Gooſeberries may be made after the ſame Manner,

but they muſt boil an Hour; as alſo Quiddany of Currants which will only take up three Quarters of an Hour in boiling.

### *To make* Quiddany *of* Apples, Quinces, Plumbs, *or any other Sorts of Fruit.*

TAKE a Quart of the Liquor of any preſerved Fruit; and put into it a Pound of the ſame Fruit raw, ſeparated from the Cores, Skins, Stones, and Kernels: Then let all boil up with a Pound of Sugar, 'till it will ſtand upon a Knife Point like a Jelly.

## *The* PASTES *of* FRUIT.

### Paſte *of ripe* Apricocks.

APricock-paſte is uſually made as the Marmalet of the ſame, or elſe the Apricocks may be only ſcalded at firſt without Sugar, but if they are not thoroughly ripe, bruiſe them as much as is poſſible, or pound them in a Mortar. Afterwards, your Fruit muſt be ſlipt into an equal Quantity of crack'd Sugar, and incorporated with it when well dry'd over the Fire: That done, having cauſed all to ſimmer, dreſs your Paſte as the others, if you are diſpoſed to dry it at the ſame Time.

### Paſte *of* Plumbs.

YOUR Paſte may be made of dry Marmalet of Plumbs, putting to it ſome new Feathered Sugar, according the above-ſpecify'd Method: Or elſe your Fruit being duly prepared, *i. e.* ſtrained and dryed, cauſe it to be intermixed with crack'd Sugar: Then let all ſimmer

ſimmer together and let the Paſtes be dreſs'd after the uſual Manner.

## Paſte *of* Apples *and* Pears.

FIRST having ſcalded your Fruit in Water, 'till they become ſoft, then let them be drained, paſſed thro' a Sieve, and dried over the Fire, but Care muſt be taken to ſtir them with a Spatula from time to time, both on the Bottom and round about to prevent their burning. When the Paſte ſlips off from the Bottom and Sides of the Pan, remove it from the Fire, and cauſe ſome Sugar to be greatly feather'd or crack'd, which muſt be well incorporated with it, allowing a Pound of Fruit for the like Quantity of Sugar. Afterwards, ſet your Paſte again over the Fire, to ſimmer, and dreſs it as the others in Moulds, or upon Slates, ſetting all at the ſame time into the Stove to be dried.

## Quince-Paſte.

YOUR Quinces being pared, cut them into Quarters, and take away the Cores if you pleaſe, or elſe let all be left. Then having made ſome Water boil over the Fire throw in the Fruit, and let them continue boiling 'till they are very ſoft, in order to be drain'd upon a Grate or Hurdle, and paſs'd through a Hair-ſieve; that done, ſet the Paſte over the Fire again, to be dry'd and incorporated with crack'd Sugar, to the Quantity of ſomewhat more than a Pound for every Pound of Fruit. Laſtly, your Paſte muſt ſimmer for awhile, and then be dreſs'd as the others.

## Orange Paſte.

THIS Paſte is made as Orange Marmalet, according to the Method laid down in that Article, or elſe of the Marmalet itſelf, ordered as before, that is to ſay, it muſt be imbody'd with new Sugar, brought to its feather'd Quality, 'till it ſlips off from the Bottom of the Pan. Then having cauſed it to ſimmer, let it be dreſs'd after the uſual Manner, and dry'd in the Stove.

## *Candy'd* CONFECTIONS.

### *To candy* Roſemary Flowers *in the Sun.*

LET Gum Dragant be ſteep'd for ſome time in Roſe-Water, and let your Roſemary Flowers, after they are well pick'd, be ſoak'd in the ſaid Water; then take them out, lay them upon a Paper and ſtrew fine Sugar over them; this do in the hot Sun, turning them, and ſtrewing Sugar on them, 'till they are candy'd, and ſo keep them for your Uſe.

### *To candy* Barberries *and* Grapes.

WE take preſerved Barberries, waſh off the Syrup in warm Water, and ſift fine Sugar on them: Then let them be dry'd in the Stove, turning them from time to time, 'till they are thorough dry. Preſerved Grapes may alſo be candy'd after the ſame Manner.

### *To candy* Eringo Roots.

LET the Roots be par'd and boil'd 'till they are ſoft, allowing to every Pound two Pounds of fine clarify'd Sugar: Afterwards, the Sugar being boiled to a due height, dip

dip in your Roots two or three at once, and dry them in the Stove for Uſe.

### *To candy* Elicampane Roots.

YOU muſt take the Roots out of the Syrup in which they were preſerved, dry them in a Cloth, and for every Pound allow a Pound and three Quarters of Sugar; let the Sugar boil to a height, and your Roots being dipped therein, will be well candy'd.

### *To candy* Angelica.

YOU muſt boil the Stalks of Angelica in Water 'till they are tender; then peel them, put them into other warm Water, and cover them till they become very green over a gentle Fire. Afterwards, having laid them on a Cloth to dry, take their Weight in fine Sugar and boil it to a Candy height, with a little Roſe Water: Laſtly, ſlip in your Stalks, boil them up quick, and take them out in order to be dry'd for Uſe.

### *To candy* Orange Peels.

STEEP your Orange Peels, as often as you ſhall judge expedient, in fair Water, to take away their Bitterneſs; then let them be gently dry'd, and candy'd with Syrup made of Sugar.

### *To candy* Flowers.

GET any Sort of Flowers and cut the Stalks if they are very long ſomewhat ſhorter; that done, let a Pound of white Sugar be boiled to a Clearneſs, with eight Spoonfuls of Roſe-Water: When the Sugar begins to grow

ſtiff

ſtiff and cool, dip your Flowers in it, take them out forthwith, and lay them one by one in a Sieve in order to be dry'd and harden'd in the Stove.

### *To make* Barley Sugar.

HAving a ſufficient Quantity of Barley boiled in Water, ſtrain it thro' a Hair-ſieve, and let this Decoction be put into clarify'd Sugar, brought to the Caramel or laſt Degree of boiling; then take off the Pan from the Fire 'till the boiling ſettles, and pour your Barley Sugar upon a Marble Stone rubb'd with Oil of Olives, but Care muſt be taken to hinder it from running down: As the Sugar cools, and begins to grow hard, cut it into Pieces, and roll it out of what length you pleaſe, in order to be kept for Uſe.

## *Several Sorts of* BISKETS.

### *To make common* Biskets.

SLIP the Whites and Yolks of ſix or eight Eggs into a Baſon or Pan, beat them well with ſome Sack, and a little Roſe-Water; then adding a Pound of powder Sugar with as much Flour, and half an Ounce of Coriander Seeds, mingle all together, and dreſs your Paſte in Paper Caſes, or Tin Moulds, in any Form at Pleaſure: Afterwards, the Biskets being iced and duſted with fine Sugar, put into an Handkerchief, are to be ſet in an Oven moderately heated, 'till they riſe and come to a good Colour. When they are baked, take them up with the Point of a Knife, and let them be thoroughly dried in the Stove.

## Bisket Drops.

LET one Pound of Sugar, four Yolks of Eggs, two Whites, and a little Canary Wine be beaten well together. When the Oven is ready, add one Pound of Flour with a few Seeds, and let all be likewiſe well incorporated: That done, butter the Paper, lay your Drops in Order on it. Ice them with fine Sugar, and ſet them in a gentle Oven.

## Savoy *or* French Biskets.

HAving provided a Pair of Scales, you are to put three or four new laid Eggs into one of them, as alſo ſome baked Flour into the other, ſo as there may be an equal Weight of both: In the mean Time, ſet by ſome Powder Sugar, of the ſame Weight as the Eggs, with the Whites; of which a very ſtrong Froth is to be made by whipping them well with a Whisk: Add thereto at firſt ſome candy'd Lemon Peel grated or powdered, and then the Flour that was weighed before: All being thus mingled together, put in the Sugar, and after having beaten the whole Maſs again for a while, ſlip in the Yolks, ſo as the Paſte may be well tempered: That done, ſhape your Biskets upon Paper, with a Spoon, of a round or oval Figure, and ice them neatly with Powder Sugar: Afterwards, let the Biskets be bak'd in a Campagne Oven that is not over heated, giving them a fine Colour on the Top. When they are done enough, cut them off from the Paper with a very thin Knife, and lay them in Boxes for Uſe.

Lisbon

## Lisbon Biskets.

LET the Whites of three or four Eggs be beaten a little with the Yolks, and add thereto as much Powder Sugar as you can take up between your Fingers, at four or five Times, with four or five Spoonfuls of baked Flour, and ſome Lemon Peel. When theſe are well imbody'd together, turn your Paſte upon a Sheet of Paper ſtrew'd with Sugar, ſtrew the Paſte likewiſe on the Top with the ſame Sugar, and ſet it in an Oven moderately heated. As ſoon as the Biskets are baked, they muſt be cut all at once with the Paper underneath, according to the Size and Figure you would have them to be of, and then the Paper may be gently pared off with a Penknife.

## Chocolate Biskets.

WE ſcrape a little Chocolate upon the White of an Egg, to give it a Tincture, then work it up with Powder Sugar, and the reſt of the Ingredients, to a pliable Paſte: Then dreſs your Biskets upon Sheets of Paper, and ſet them in the Campagne Oven, to be baked with a gentle Fire, both on the Top and underneath.

## Orange *and* Lemon Biskets.

AN experienced Confectioner may readily make up theſe Sorts of Biskets after the ſame Manner; only uſing a little grated Orange or Lemon Peel, with ſome Marmalet inſtead of the Chocolate. Other Biskets of the ſame Nature may likewiſe be prepared with Orange or Jeſſamine Flowers, beating them well before they are mingled with the other Ingredients.

Bis-

### Biscotins.

GET four Spoonfuls of Powder Sugar, one of any kind of Marmalet, as of Apricocks, Quinces, Oranges, Currants, *&c.* and three Whites of Eggs; to theſe add a convenient Quantity of fine Flour, all which muſt be well temper'd together 'till the Paſte becomes very pliable: Then proceed to make your Biscotins of various Figures, *viz.* ſome long, others round, others in Form of Cyphers, Love-Knots, and other Devices: They are to be bak'd with a moderate Fire, and taken out of the Oven as ſoon as they appear of a ſomewhat brown ruſſet Colour: When they are drawn, they muſt be forthwith clear'd from the Paper, which may be eaſily done, by wetting the Sheets on the Back-ſide with fair Water.

## *MARCH-PANES and MACAROONS.*

### *To make common* March-panes.

TAKE a ſufficient Quantity of Almonds, which are to be ſcalded in hot Water, blanch'd, and thrown into cold Water as they are done; then being wip'd and drain'd, they muſt be beaten in a Stone Mortar, and moiſtened with the White of an Egg, to prevent their turning to Oil. In the mean while, having caus'd half as much clarify'd Sugar as Paſte, to be brought to its Feathered Quality, toſs in your Almonds by Handfuls, or elſe pour the boiling Sugar upon them in another Veſſel: Let them be well intermix'd, and the Paſte continually ſtirr'd on all Sides. When 'tis done enough, it muſt be laid upon Powder Sugar, and ſet by to cool. Afterwards ſeveral Pieces of a convenient Thickneſs may be

taken out, of which you are to cut your March-panes with certain Moulds, gently ſlipping them off with the Tip of your Finger upon Sheets of Paper, in order to be heated in the Oven only on one Side: That done, the other Side is to be ic'd over, and bak'd in like Manner: Otherwiſe, the Paſte may be roll'd out or ſqueez'd thro' a Syringe, and made curbed, or jagg'd of a round, oval, or long Figure, in the Shape of a Heart, *&c.*

### *Another Sort of Paſte for* March-panes.

YOUR Almonds being blanch'd, cool'd and drain'd as before, pound them well in a Mortar, and moiſten them with the White of an Egg, and a little Orange-Flower-Water beaten together. Then having provided an equal Quantity of Sugar boil'd to the Feather'd Degree, ſlip in the Almonds, and temper all with the Spatula: That done, ſet your Paſte over the Fire again to be dry'd, continually ſtirring the ſame 'till it becomes pliable, and ſlips off from the Bottom of the Pan: Laſtly, it muſt be laid in a Baſon with Powder Sugar underneath, and made up into a thick Roll, to be ſet by for awhile as the Former, ſo as you may at laſt ſhape and dreſs your March-panes after the ſame Manner.

### March-panes *with a Tincture of* Rasberries *or other Sorts of Fruit.*

DUring the Summer Seaſon, your March-panes may be diverſify'd ſeveral Ways, *viz.* by tempering ſome of them with the Juice of Fruit, as Rasberries, Strawberries, Cherries, Currants, *&c.* but if thoſe Juices are made Uſe of for ſoaking the Almonds, when they are pounded

pounded with the White of an Egg: The Paſte muſt be well dry'd at the Fire, or elſe with Powder Sugar.

### *To make* Macaroons.

HAving provided a Pound of Almonds, let them be ſcalded, blanched and thrown into fair Water: Then they muſt be drain'd, wiped and pounded in a Mortar, moiſtening them with Orange-Flower-Water, or the White of an Egg, leſt they ſhould turn to Oil. Afterwards, taking an equal Quantity of Powder Sugar, with three or four other Whites of Eggs, and a little Muſk, beat all well together, and dreſs your Macaroons upon Paper, with a Spoon, that they may be bak'd with a gentle Fire.

### *To make* Jumbals.

LET a Pound of fine Flour, and as much white Sugar be made up into a Paſte with beaten Whites of Eggs; then add thereto half a Pint of Cream, half a Pound of freſh Butter, and a Pound of blanch'd Almonds well ſtamp'd; knead all together thoroughly with a little Roſe-Water, and cut out Jumbals into what Figure you pleaſe, in order to be bak'd in a gentle Oven.

### *To make* Wafers.

GET as much Flour as you think fit, and mingle it with new Cream in the Evening. The next Day, when it is clear'd from Lumps, add powder Sugar, ſomewhat above the Quantity of the Flour, ſo as all may be well intermix'd with a Spoon: That done, pour in more Cream, with a little Orange-Flower-Water, 'till the whole Maſs is almoſt reduced to the Conſiſtence of Milk, and

ſtir all well together: In the mean Time, the Wafer-Iron being heated and rubb'd on both Sides with freſh Butter, turn your prepared Cream or Batter upon it, which muſt not exceed a Spoonful and half for every Wafer: Afterwards, lay the Iron upon the Furnace, ſo that as ſoon as the Wafer is baked on one Side, it may be turned on the other: When it is done enough, take it off from the Iron with a Knife, and roll it a little round the ſame. Laſtly, ſpread your Wafers hot upon a Wooden Roller, to give them their due Shape, and ſet them into the Stove, that they may be continually kept very dry.

## White Paſtils.

LET your Gum be firſt ſteep'd in a little Water, with the Juice of three or four Lemons, and their Zeſts or Chips. As ſoon as the Gum is thoroughly diſſolved, ſtrain it through a Linnen Cloth as before, and pour it into the Mortar, with double refin'd Sugar, ſifted through a fine Sieve, then throwing in a Handful of Sugar, let all be well work'd and beaten, and add another Handful, continuing to beat and temper the whole Maſs on all Sides, as it is augmenting with Sugar, 'till it comes to a very white and pliable Paſte, with which you make your Paſtils with Pleaſure, and dry them in the Stove.

## Orange-Flower-Paſtils.

THESE Sorts of Paſtils are uſually prepared according to the ſame Method, only ſome Leaves of Orange-Flowers and Water of the ſame, are to be incorporated with the Lemon Juice, in which the Gum is ſteeped.

Apri-

## Apricocks Paſtils.

HAving cauſed ſome Gum Arabick to be ſteep'd in Water, and ſtrain'd through a Cloth, turn it into a Mortar with Syrup of Apricocks: Then you are to temper your Compound, and augment it with Sugar at ſeveral Times, 'till the Paſte is pliable, in order to make round Paſtils, which are dry'd in the Stove, and may afterwards (if you pleaſe) be made while in the wide Pan, after the ſame Manner as Sugar Plumbs.

## *To make* Artificial Flowers.

AT firſt you are to make Paſtes of divers Colours, with Gum Dragant thoroughly ſteep'd and mingled with Powder Sugar, which is to be well tempered, and beaten in a Mortar, 'till the Paſte is become pliable. For the Red, ſome prepared Cochineal may be added; for the Yellow, Gambooge; for the Blue, Indigo and Orris, and for the Green, the Juice of Beet-Leaves, which are to be ſcalded a little over the Fire, to take away their Crudity. The Paſtes being thus ordered, and rolled out into very thin Pieces, may be ſhaped in the Form of ſeveral Sorts of Flowers, as Roſes, Tulips, Wind-flowers, *&c.* by the Means of certain Tin Moulds; or elſe they may be cut out with the Point of a Knife, according to Paper-Models. Then you are to finiſh the Flowers all at once, and dry them upon Egg-Shells, or otherwiſe. In the mean while, different Sorts of Leaves are, in like Manner, to be cut out of the green Paſte, to which you may alſo give various Figures, to be intermixed among your Flowers, the Stalks whereof, are to be made with Slips of Lemon Peel. The

Tops

Tops of the Pyramids of dryed Fruits, may be garniſhed with theſe Artificial Flowers; or elſe a ſeparate Noſegay may be made of them, for the Middle of your Deſert; or they may be laid in Order in a Basket, or kind of Cup, made of fine Paſtry-work of Crackling-Cruſt, neatly cut and dry'd for that Purpoſe.

### *To make artificial* Oranges *and* Lemons.

GET Moulds of Alabaſter made in three Pieces: Bind two of them together, and let them lie in the Water an Hour or two, boiling to a height, in the mean time, as much Sugar as will fill them; the which, being poured into the Mould, and the Lid put quickly on it, by ſuddenly turning it will be hollow. You muſt colour your Sugar in boiling it, to the Colour you would have your Fruit.

### *To make each Sort of* Comfits, *vulgarly called*, Covering Seeds, *with Sugar.*

YOU muſt provide a Pan of Braſs or Tin, to a good Depth, made with Ears to hang over a Chafing-Diſh of Coals with a Ladle and Slice of the ſame Metal; then cleanſe your Seeds from Droſs, and take the fineſt Sugar well beaten; put to each Quarter of a Pound of Seeds, two Pounds of Sugar melted in this Order; put into the Pan three Pounds of Sugar, adding a Pint of Spring-Water, ſtirring it 'till it be moiſtened, ſuffering it to boil, and ſo from your Ladle let it drop upon the Seeds, and keep the Baſon wherein they are, continually moving, and between every Coat rub and dry them as well as may be; and when they have taken up the Sugar, and by Motion are rolled into

into Order, dry them in an Oven, or before the Fire, and they will be hard and white.

### Brandy Peaches *uſed in Deſerts.*

PUT your Peaches in boiling Water, do not let them boil, take them out, put them in cold Water, drain them in a Sieve, put them in long wide mouth'd Bottles. To half a Dozen of Peaches, take a Quarter of a Pound of Sugar, clarify it, put it over your Peaches, fill up the Bottles with Brandy, ſtop them cloſe, and keep them in a cool Place.

### *To dry* Pears *or* Pippins *without Sugar.*

WIPE them clean, and take a Bodkin, and run it in at the Head-end, and out by the Stalk, and put them in a flat Earthen Pot, and bake them, but not too much. You muſt tie double White Paper over the Pot that they may not ſcorch; when they are cold drain them from the Liquor, and lay them on Sieves with wide Holes, and dry them in a hot Stove or Oven.

### *To dry* Pears *with Sugar to keep all the Year.*

TAKE Poppering Pears, and thruſt a piked Stick in at the Head of them, 'till it goes beyond the Core. Then ſcald them, but not too tender, then pare them the long Way into Water, and take the Weight of them in Sugar, clarify'd with a Pint and a half of Water to a Pound of Sugar; ſtrain the Syrup clear, and put in the Pears, ſet them on the Fire, and boil them pretty handſomely half an Hour; then cover them with Papers, and ſet them by 'till the Morrow, then boil them again, and ſet them by

'till

'till the next Day, and then take them out of the Syrup, and boil it 'till it will draw ropy, and pack them in a Pan, and put it to them; if it will not cover them add ſome more Sugar: Set them on the Fire, and let them boil all over; then cover them with Paper, and ſet them in the Stove 24 Hours; and then take them out and let them be cold; then lay them on a Sieve to drain; then lay them on Plates, and duſt them with ſome fine Sugar, and ſet them into the Stove to dry. When one Side is dry turn them upon Papers in a Sieve, and duſt the other Side, and ſet them into the Stove again 'till they are quite dry: Then pack them up with Paper between each Laying, and keep them in a Cloſet.

### *To make red Colouring for* Pippins, *or* Quince-Paſte, *or* Paſte Royal.

TAKE an Ounce of Cochineal, beat it very fine and put it in three Quarters of a Pint of fair Water in a Skillet, with a Quarter of an Ounce of Roach Allum, and boil it 'till you think the Water has got out the Goodneſs, then ſtrain it through a Piece of fine Holland, and put it into a Vial, and put two Ounces of double refin'd Sugar to it, and keep it by you. It will keep ſix Months.

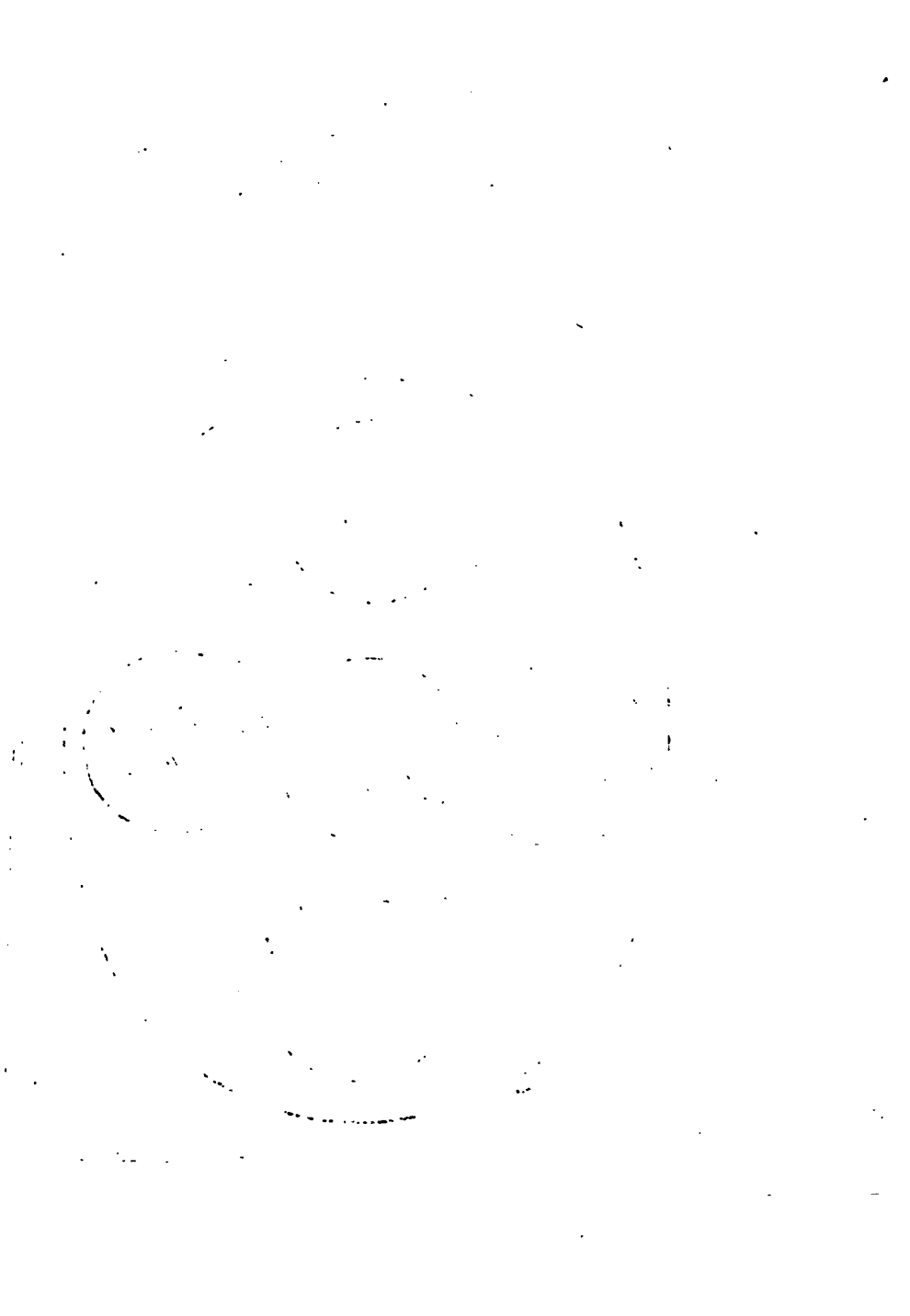
CHAP.

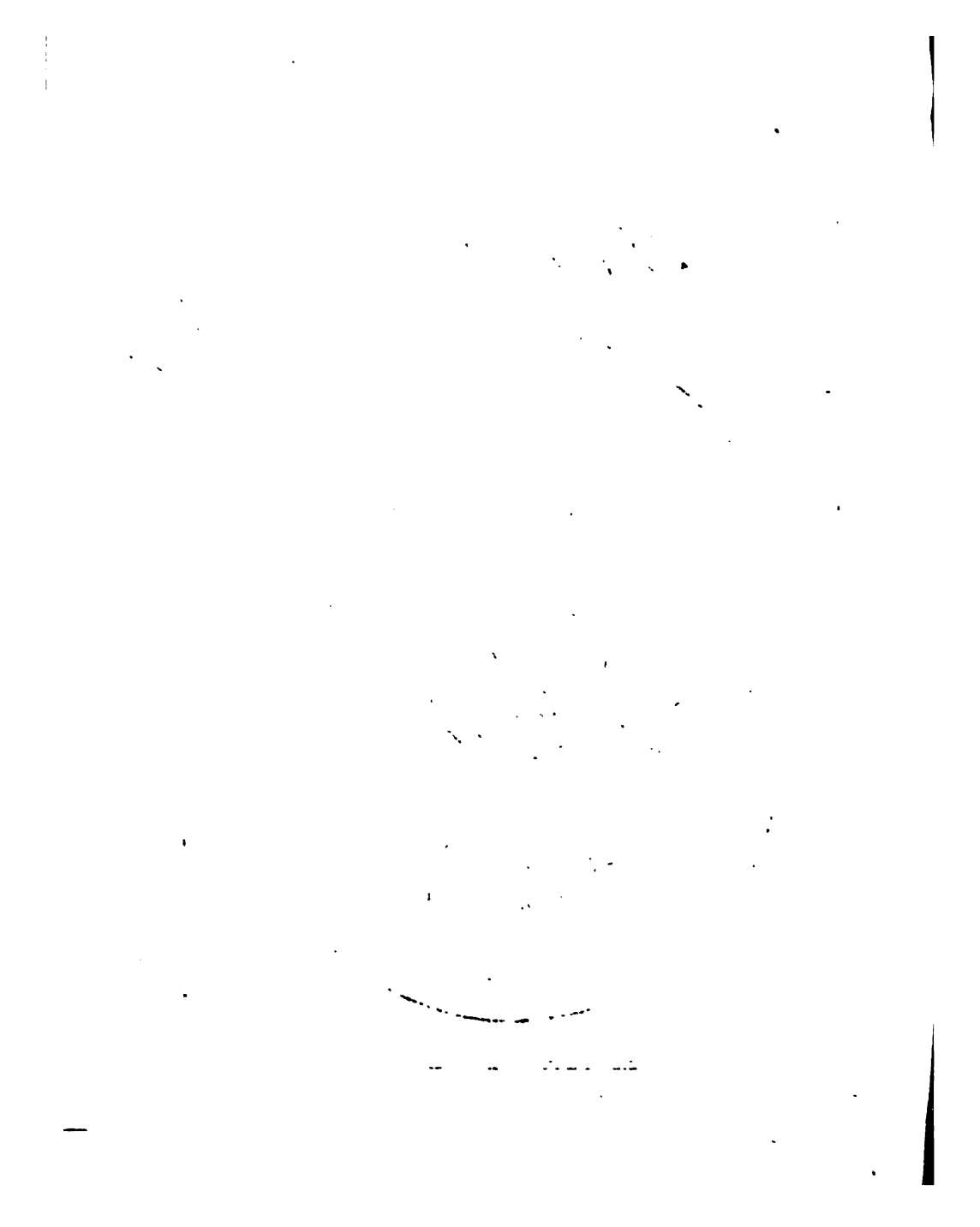
# CHAP. XXIX.

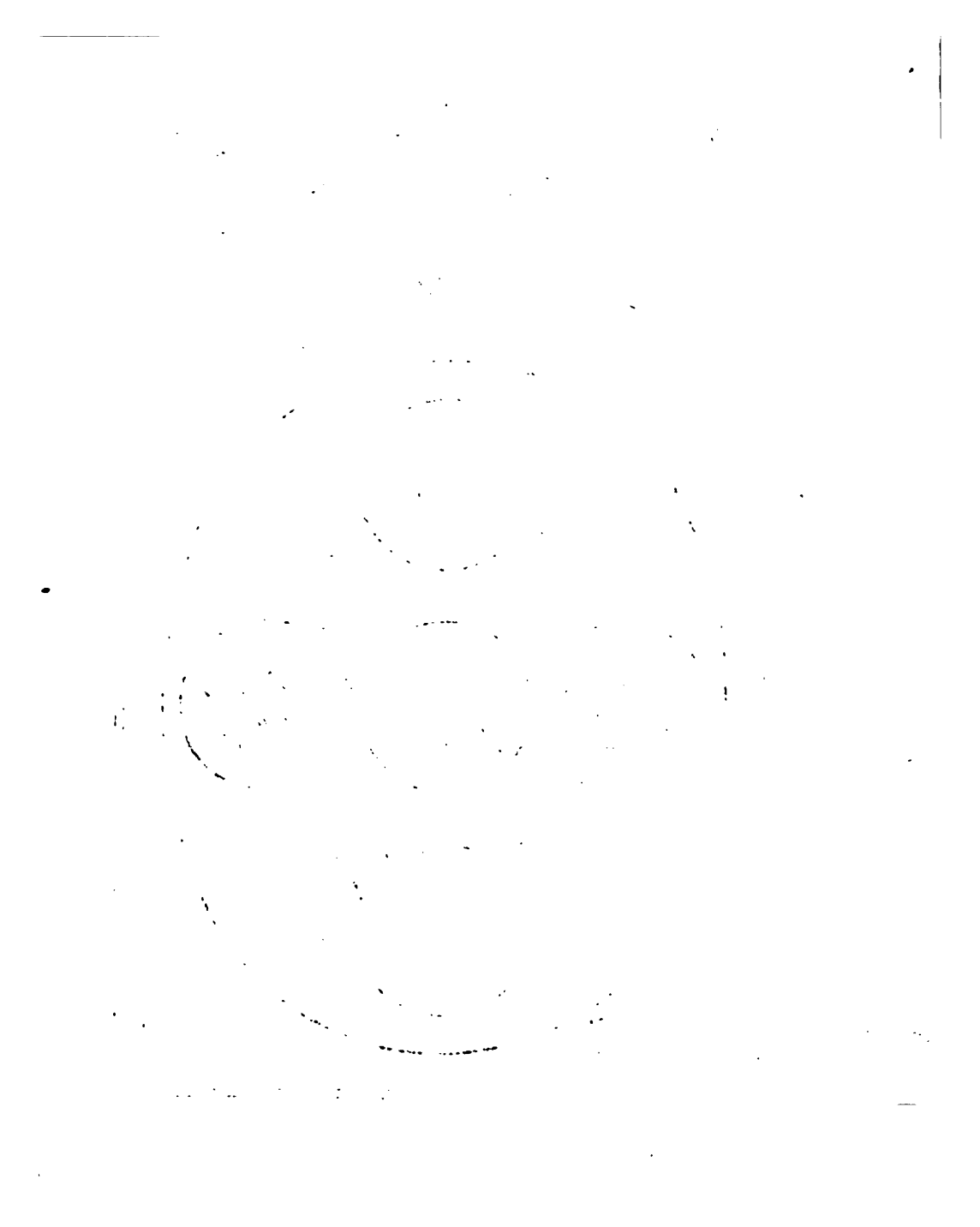
## *Of ſetting out* DINNERS, &c.

IN grand Entertainments, the moſt convenient Forms for Tables are thoſe in the Shape of a Horſe-Shoe, or of an oblong Square, open in the Middle; for at theſe Tables the Company being ſeated on the Outſide, have the Pleaſure of ſeeing one another, and being readily ſerved without the Trouble of Waiters reaching over their Backs.

Mr. *Bradley* mentions the following Tables where five Diſhes are ſerved at a Courſe. Theſe are ſo ordered as to ſave a great deal of Trouble to the Miſtreſs of the Family, as well as the Gueſts, for with this Sort of Table every one helps himſelf, by turning what Diſh he likes before him, without interrupting any body. You muſt have firſt, a large Table with a Hole in the Middle, of an Inch Diameter, wherein ſhould be fix'd a Socket of Braſs well turn'd, to admit of a Spindle of Braſs, that will turn eaſily in it. The Table here ſpoken of may be five or ſix Feet diameter; and then have another Table-board made juſt ſo large that as it is to act on the Centre of the firſt Table, there may be near a Foot Vacancy for Plates, *&c.* on every Side. Then fix the Spindle of Braſs in the Centre of the ſmaller Table, which Spindle muſt be ſo long, as that when one puts it in the Socket of the great Table-board, the ſmaller turning Table may be about four Inches above the lower Board; ſo, that in its turning about, no Salt, or Bread, or any thing on the Plates, may be diſturb'd. Theſe Tables

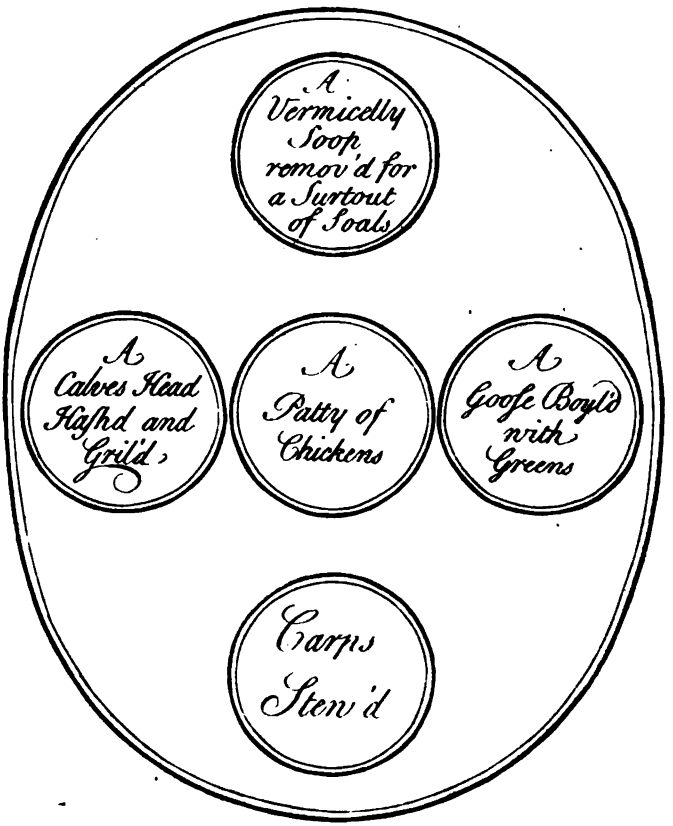






# FEBRUARY.

## First Course



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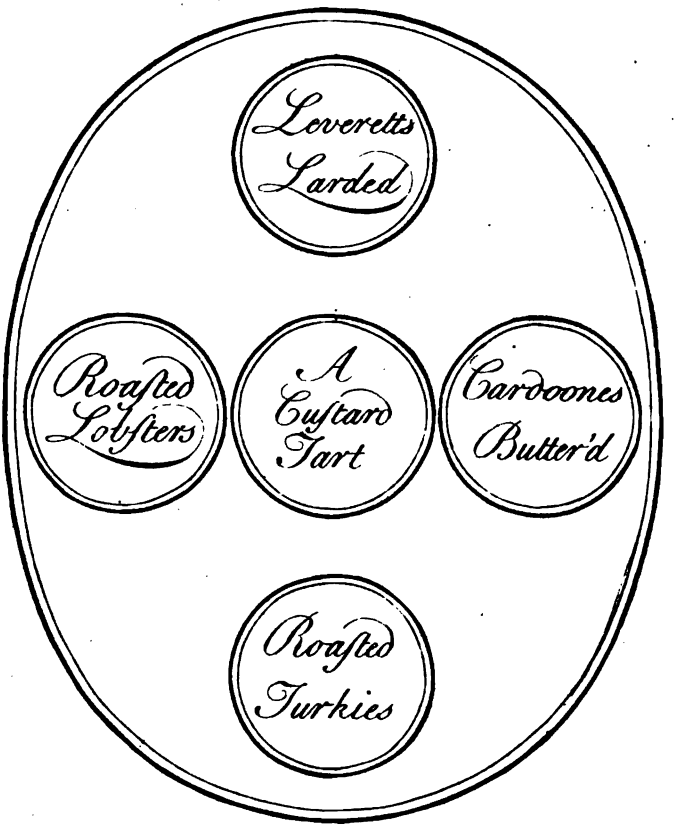
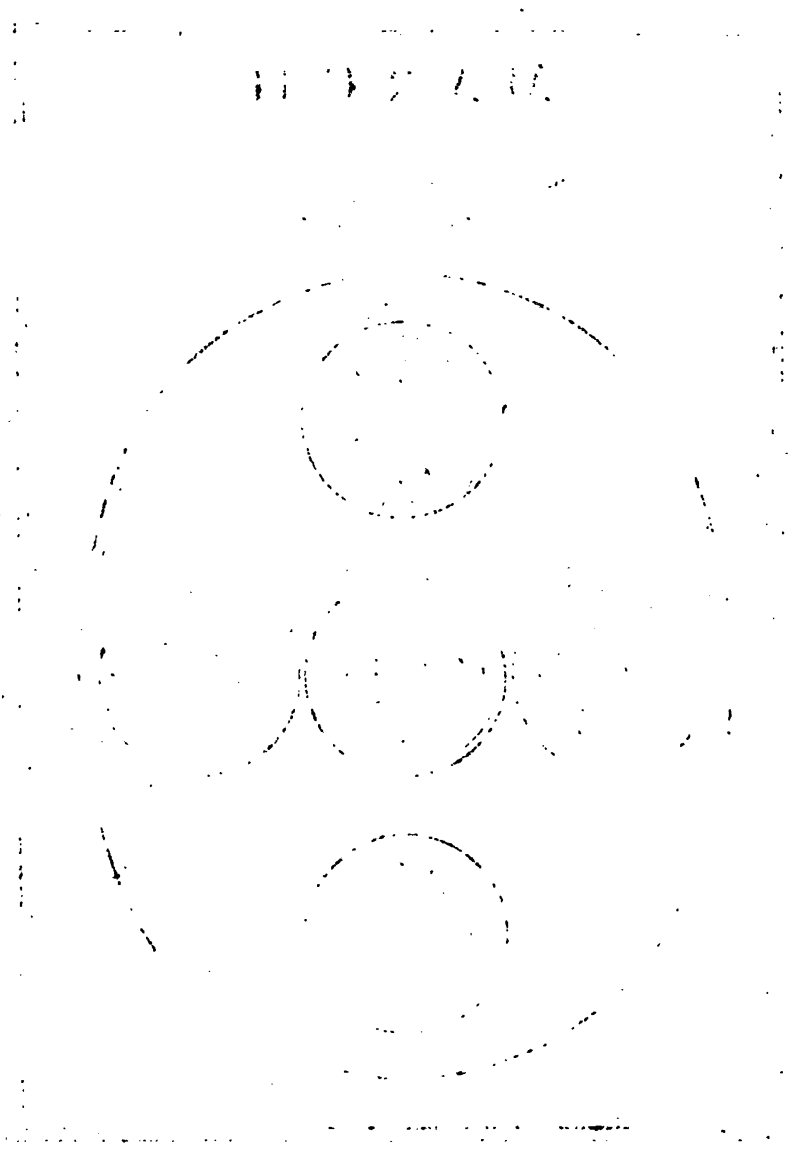
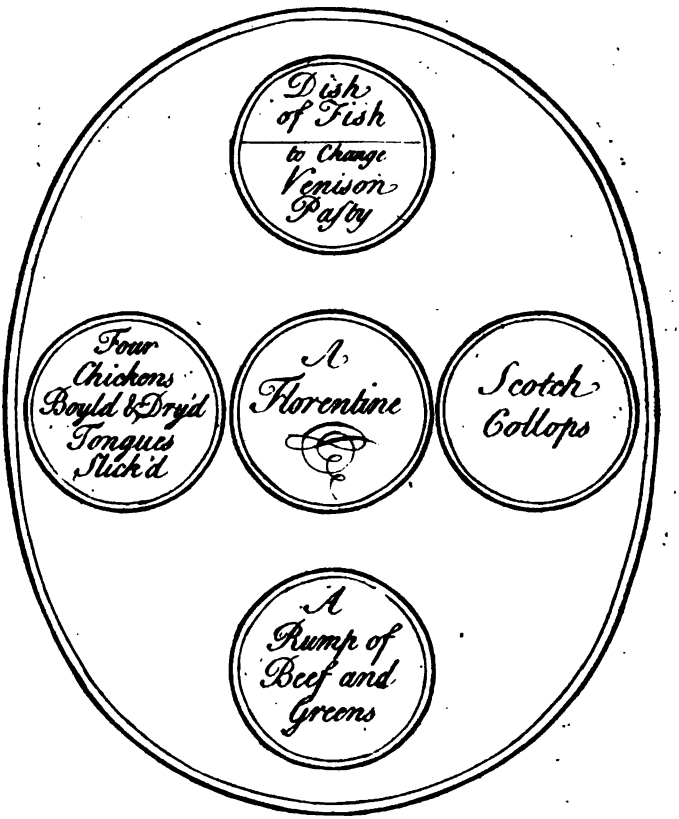




# MARCH.

## First Course



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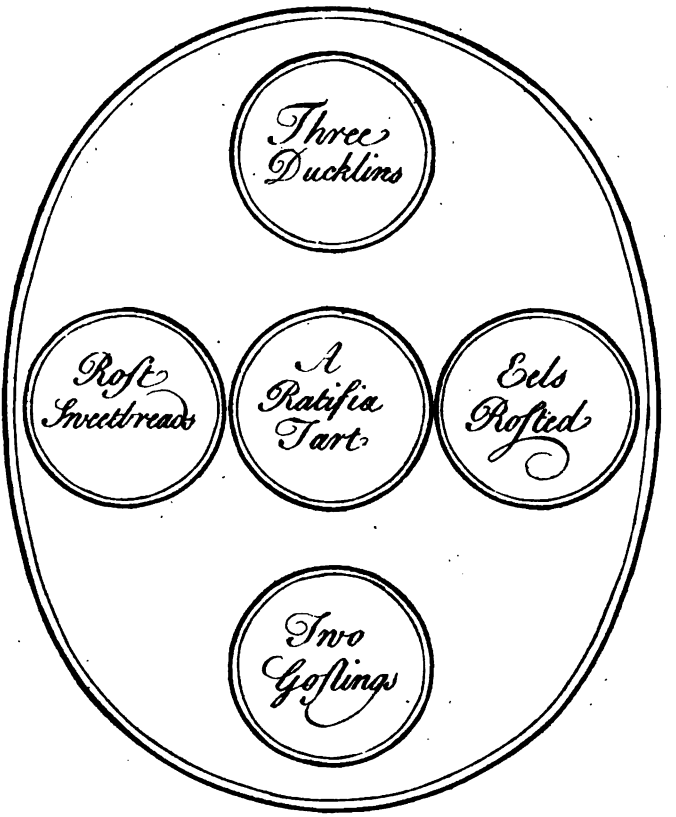
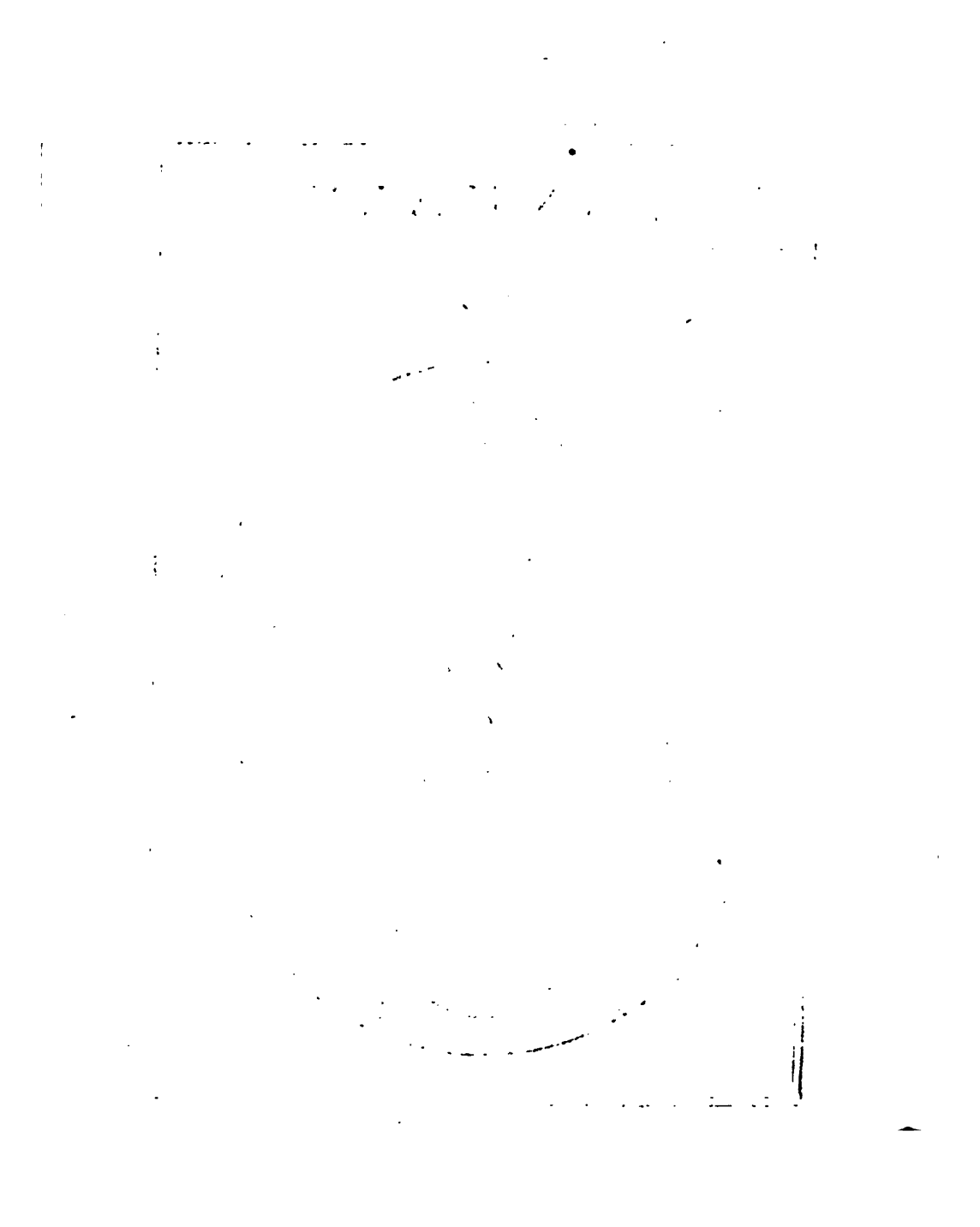


have Cloths made to each of them; the upper, or ſmaller Table, to have an whole Cloth faſtned cloſe, ſo that none of the Borders hang down; and the Cloth for the under Table muſt have an Hole cut in the Middle of it, for the Spindle of the upper Table to paſs through into the Braſs-Scoket; and when this is rightly order'd, and every * Cover placed on the lower Table, then the upper Table, which will turn, may be furniſhed with Meats. It remains only then, for the Lady of the Houſe, to offer the Soop; but after that, every one is at Liberty to help themſelves, by turning the upper Table about.

It is to be obſerved that in ſmall Entertainments and on common Days, the Soops are always firſt ſerved at the upper End of the Table; or Fiſh if there is no Soop, and the Fiſh is to ſupply the Place of the Soop. The large Diſh of boiled Meat again in the room of that, and the large Diſh of roaſt Meat at the Bottom of the Table; in the Middle is either a Pie, ſomething roaſted or a grand Sallad. For Tables of five Diſhes and two Courſes, in every Month of the Year, ſee the Plates that follow.

When the Deſert is to come on, Care muſt be taken to ſee the Table well cleared, and the upper Table-Cloth taken off, with the Leather which lay between that and the under one. Dry'd Sweetmeats, Sweetmeats in Glaſſes and Fruits, are placed in Pyramids, or otherwiſe, like the great Diſhes of Meat. Creams and Compotes like Intermeſſes.

* *N. B.* The Word Cover here means the Plate, Napkin, Knife, Fork and Spoon.



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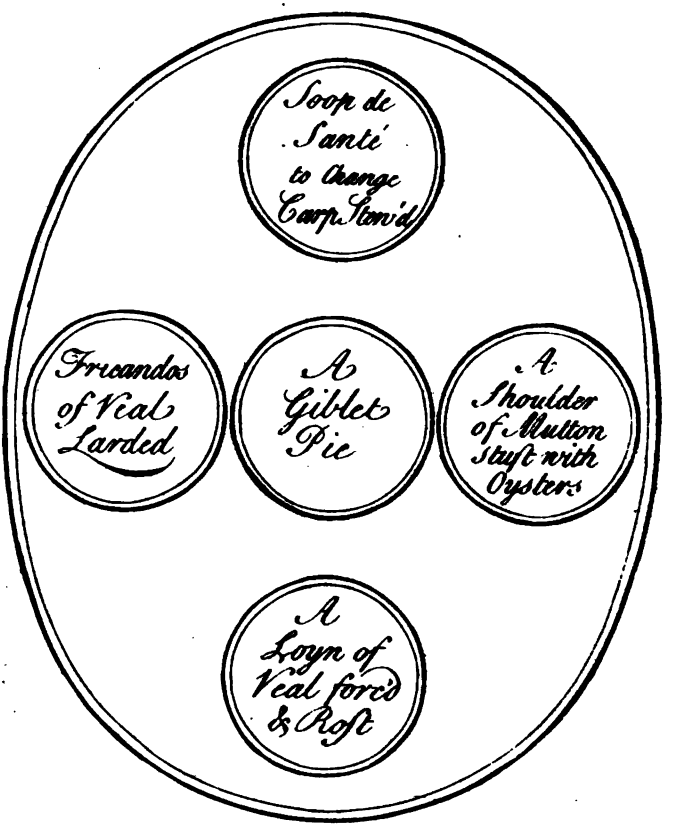

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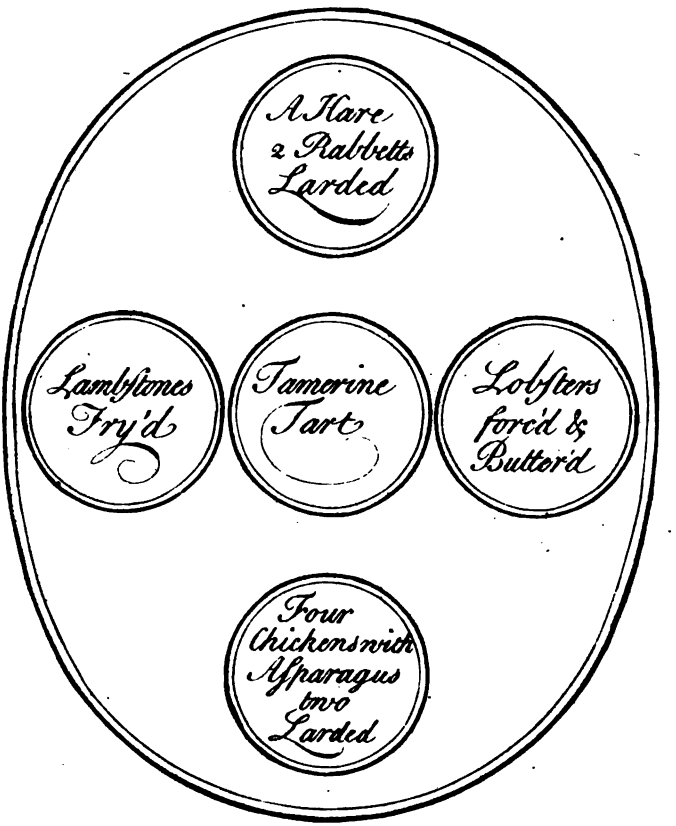
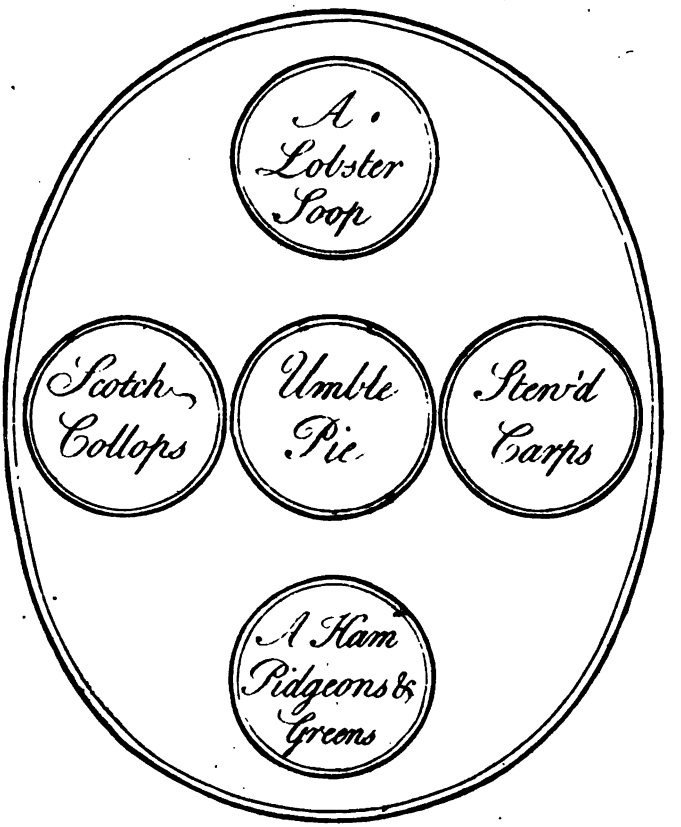


# JANUARY

## First Course



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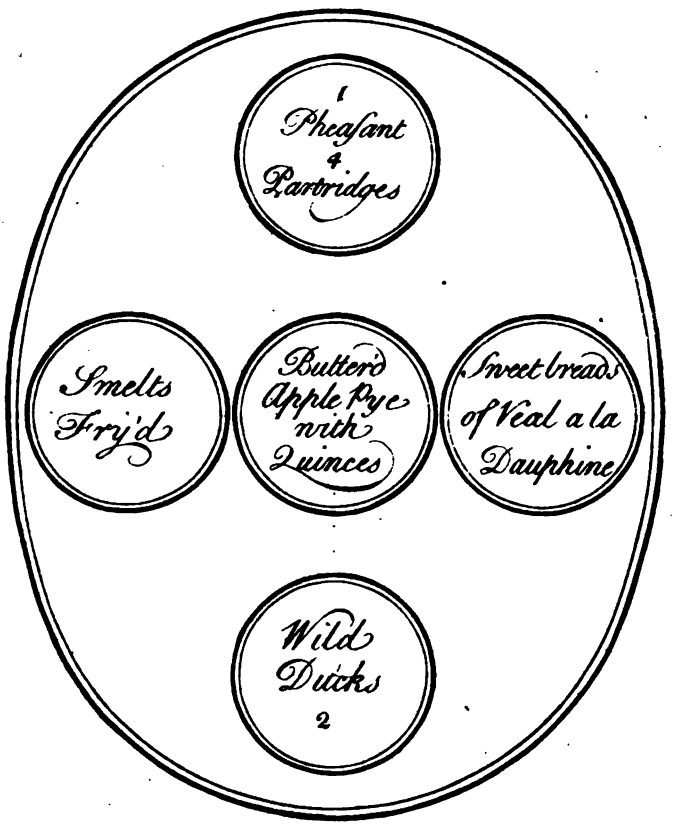

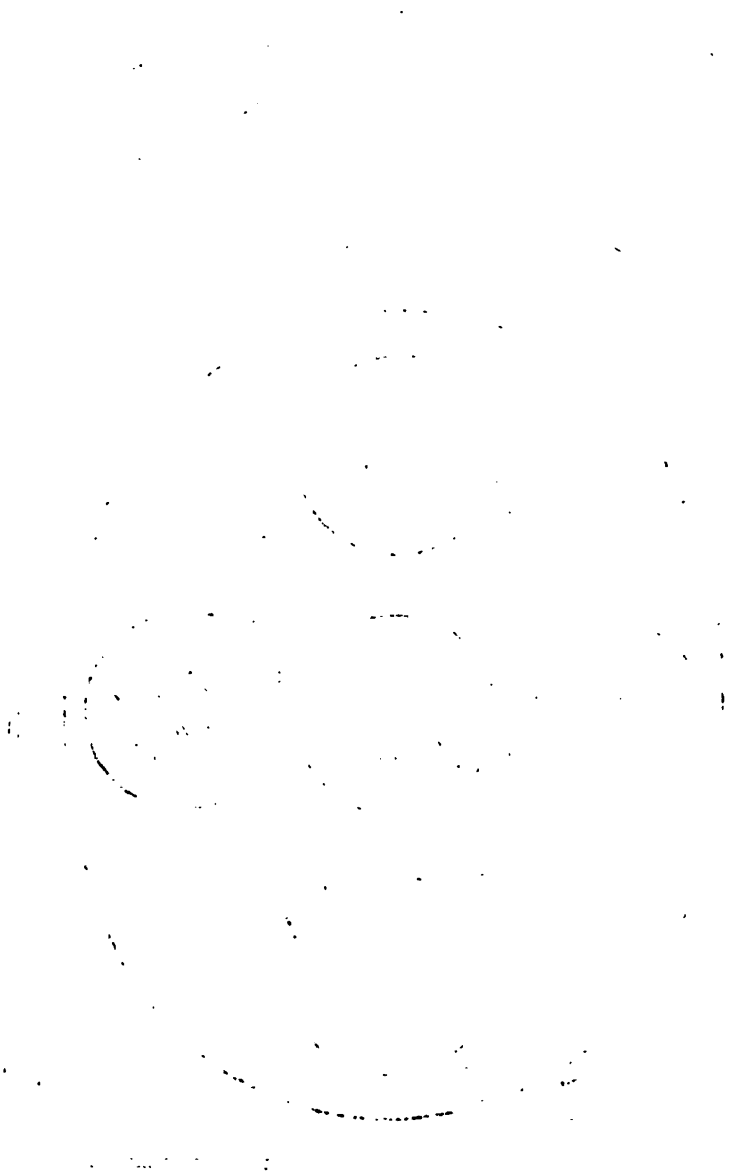

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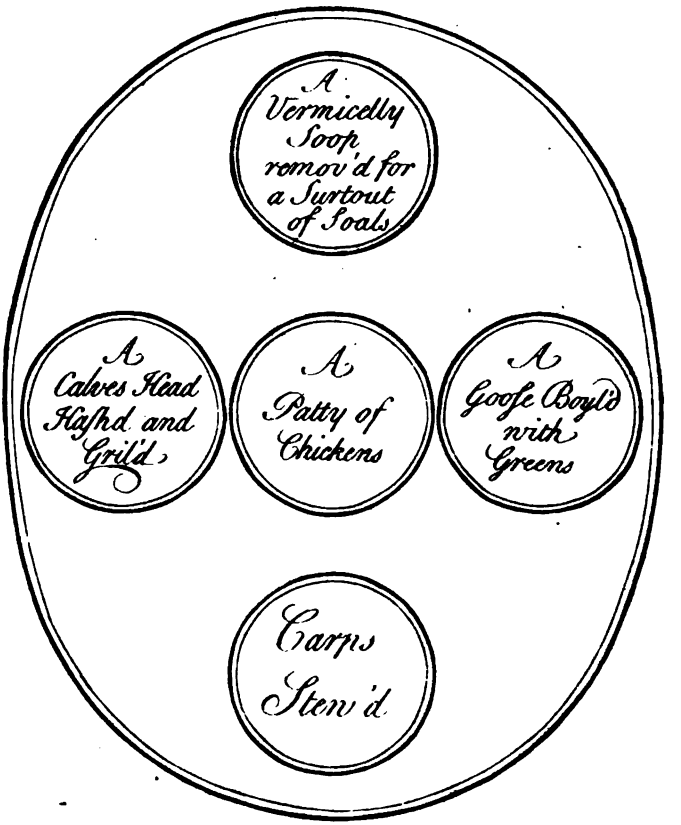
## First Course



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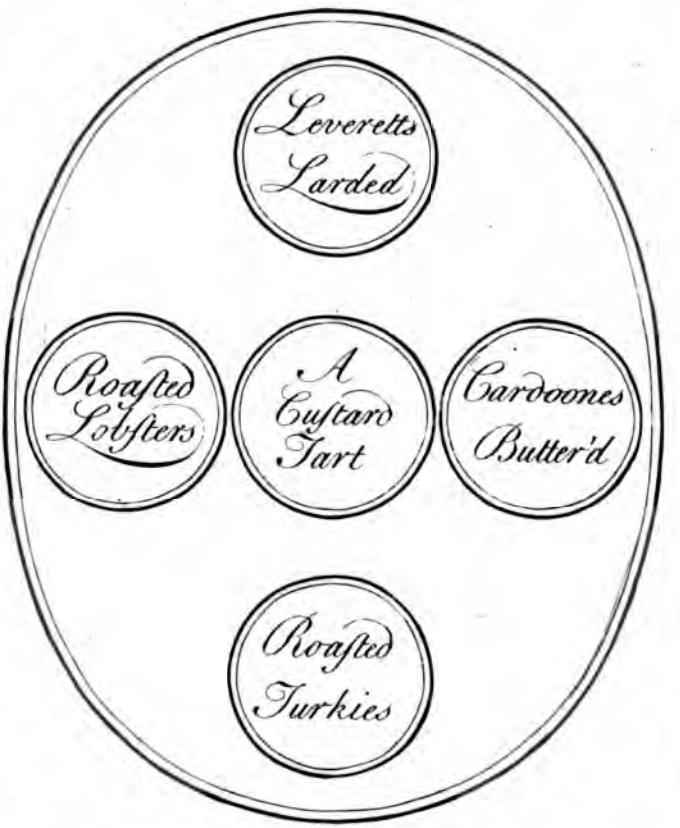
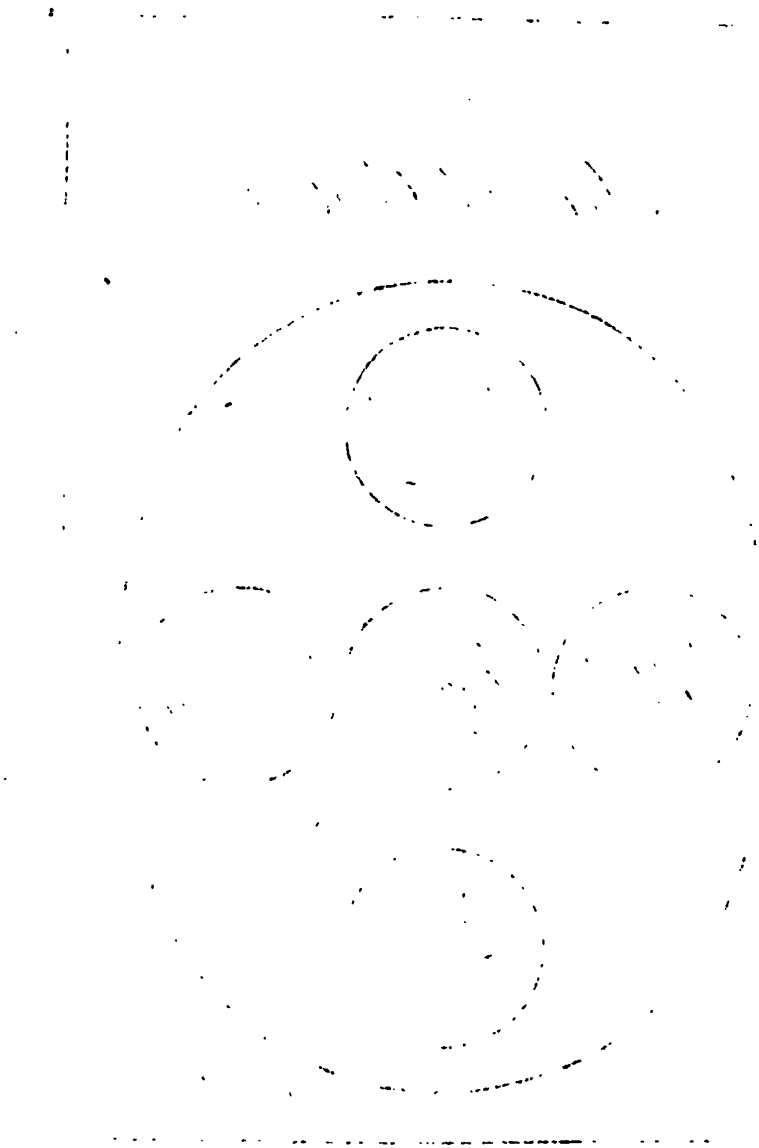
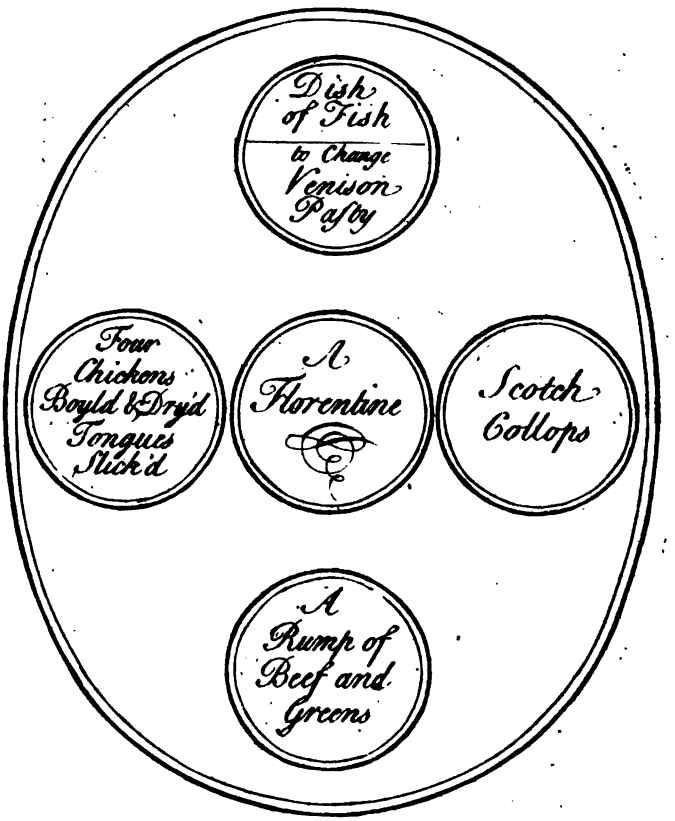




# MARCH.

## First Course



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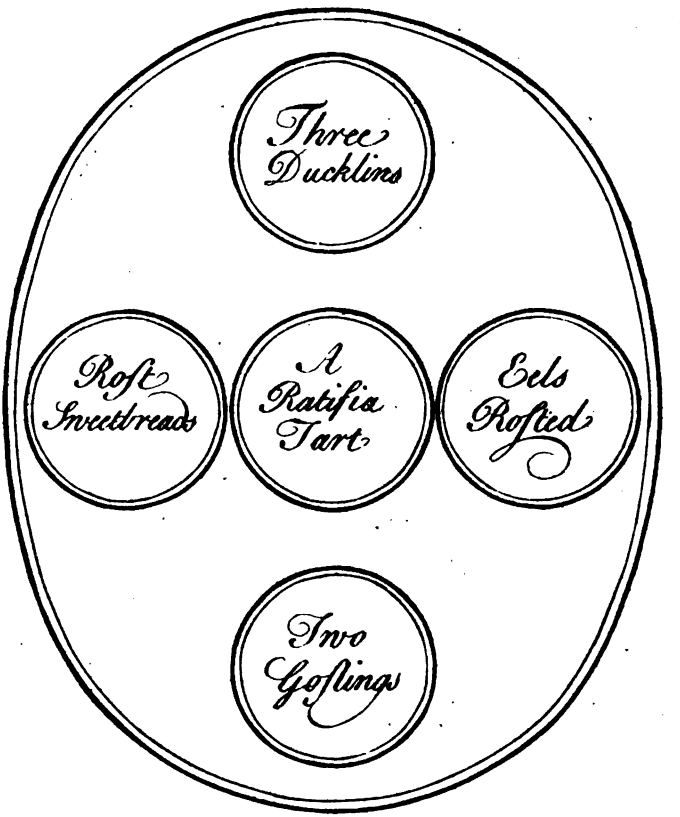

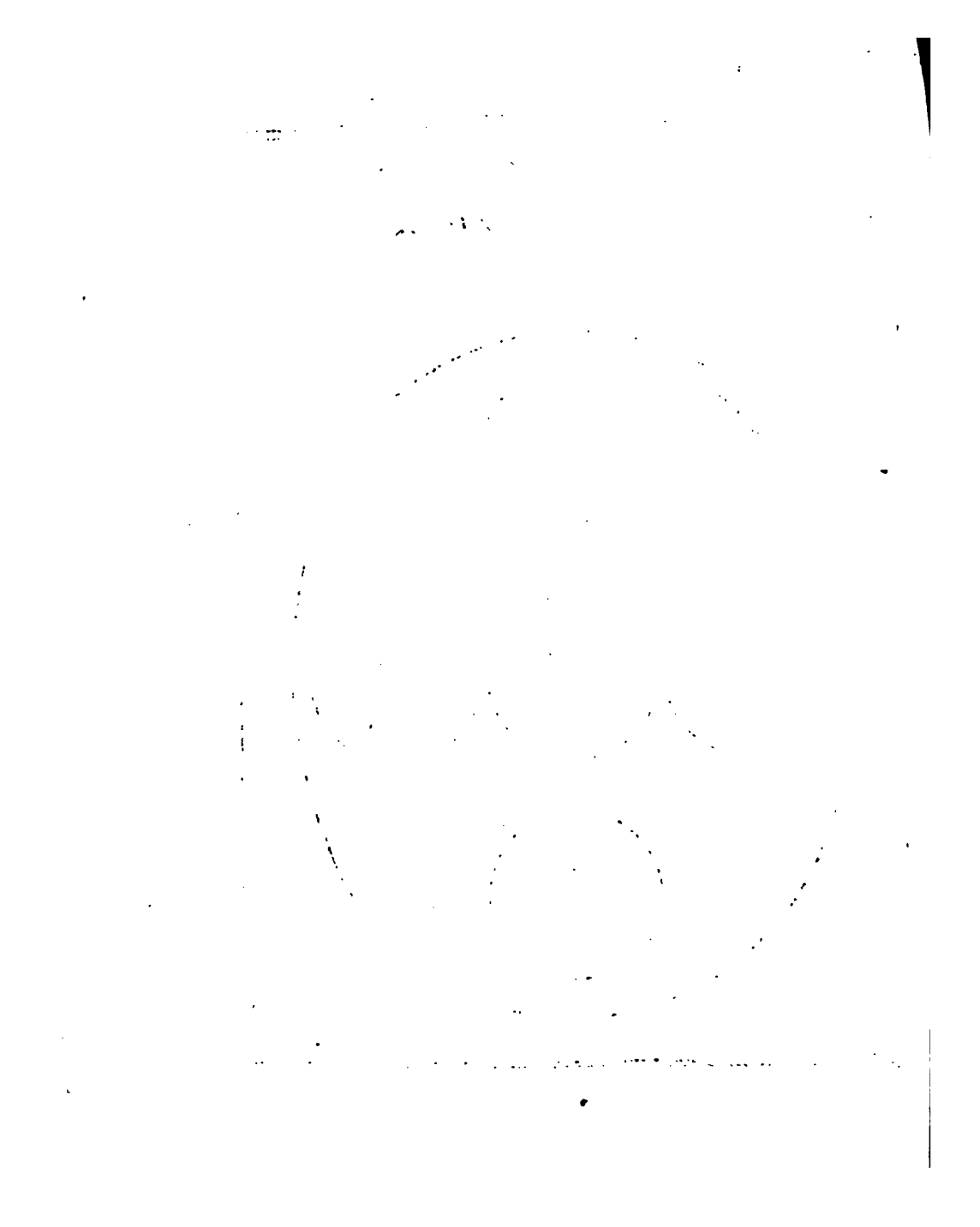

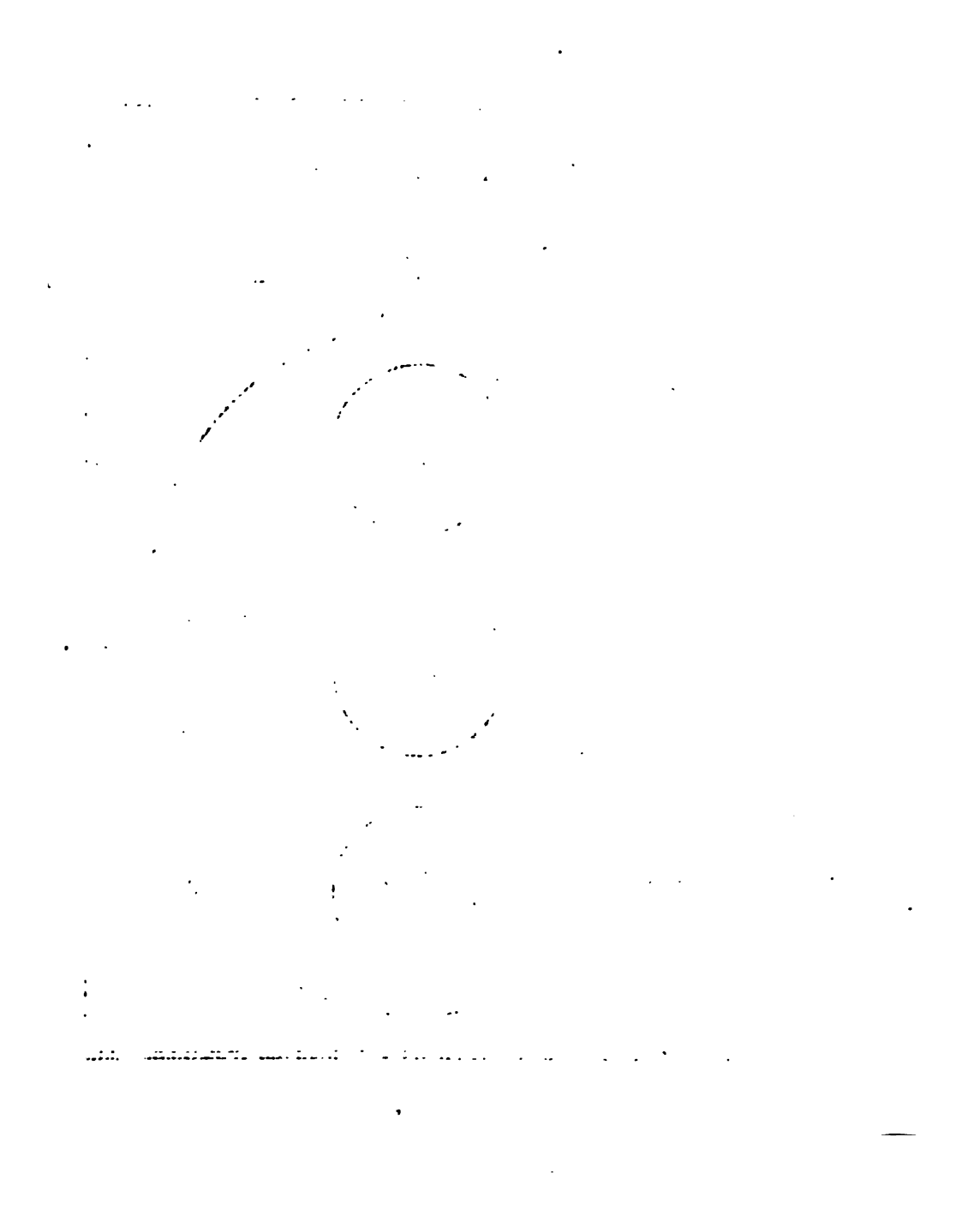

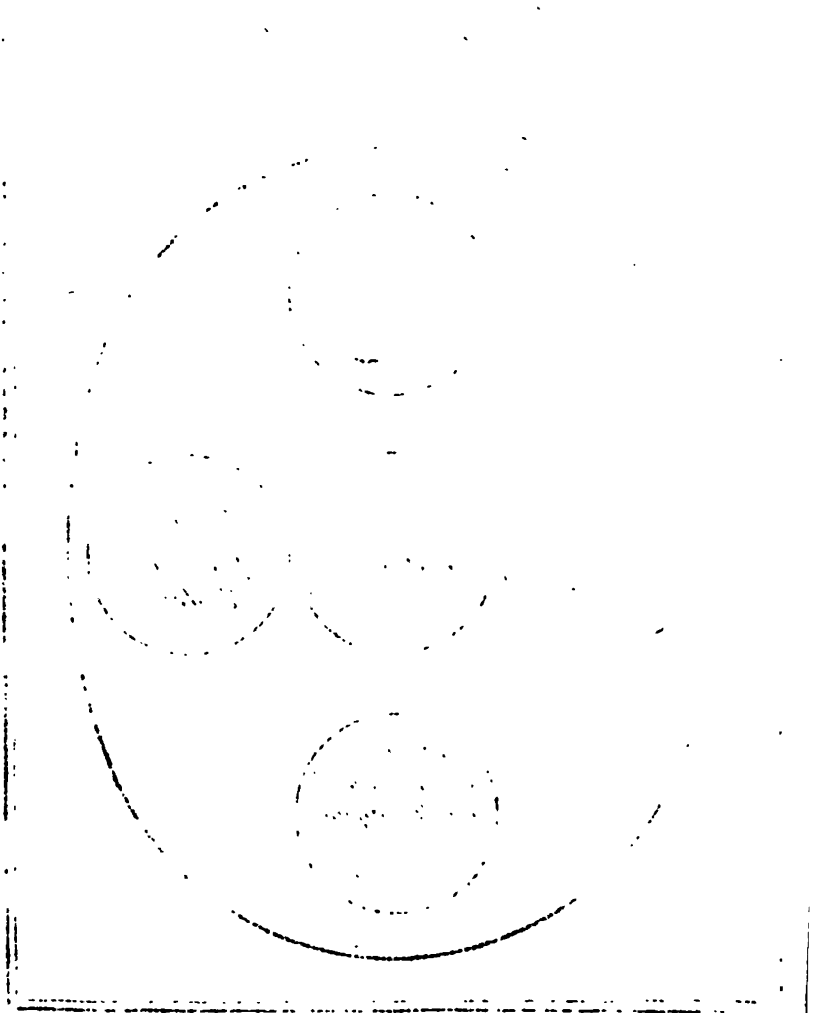

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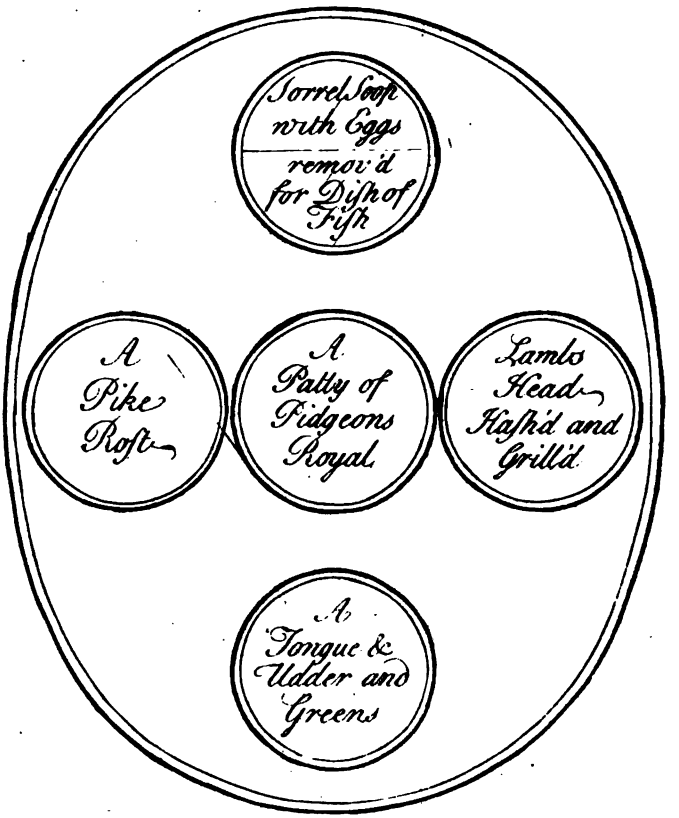
## First Course



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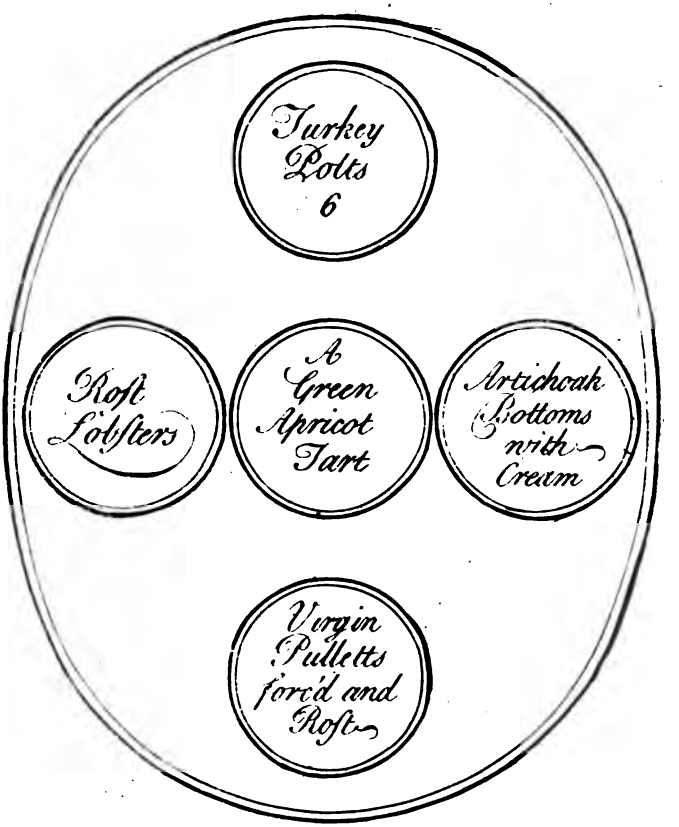

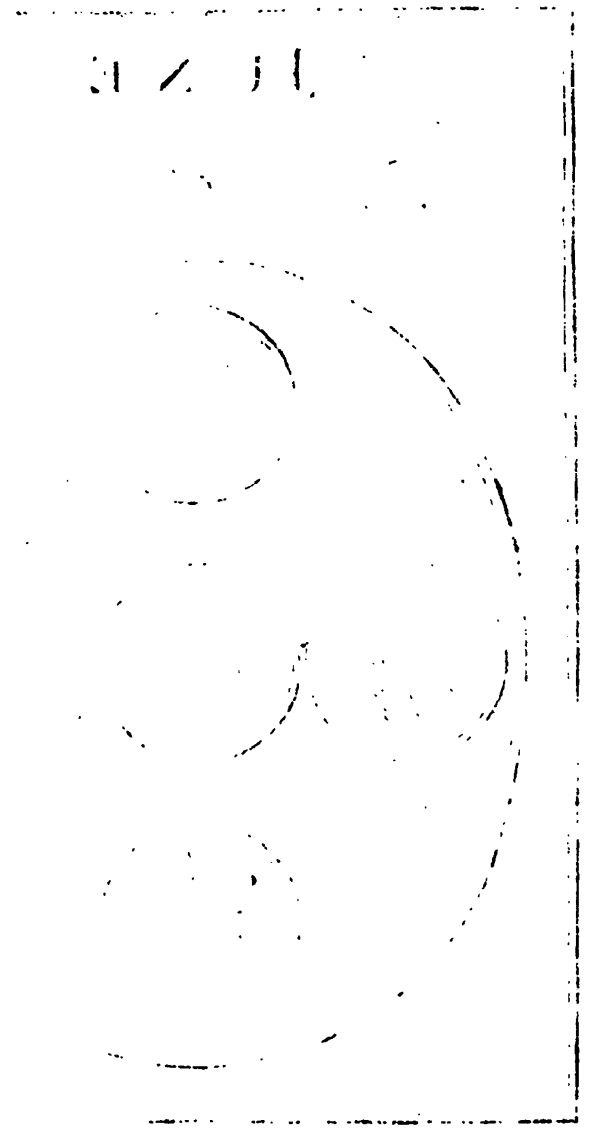

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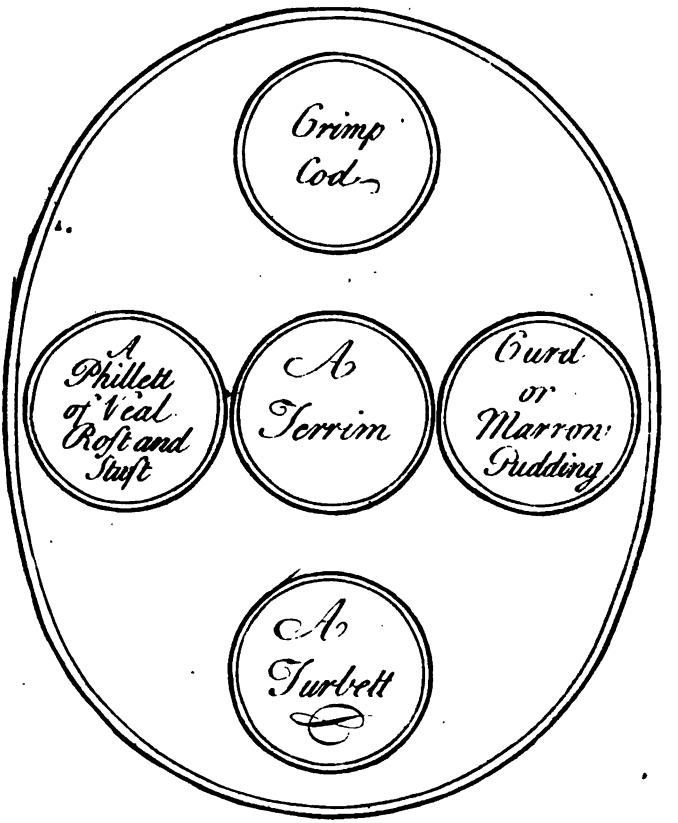

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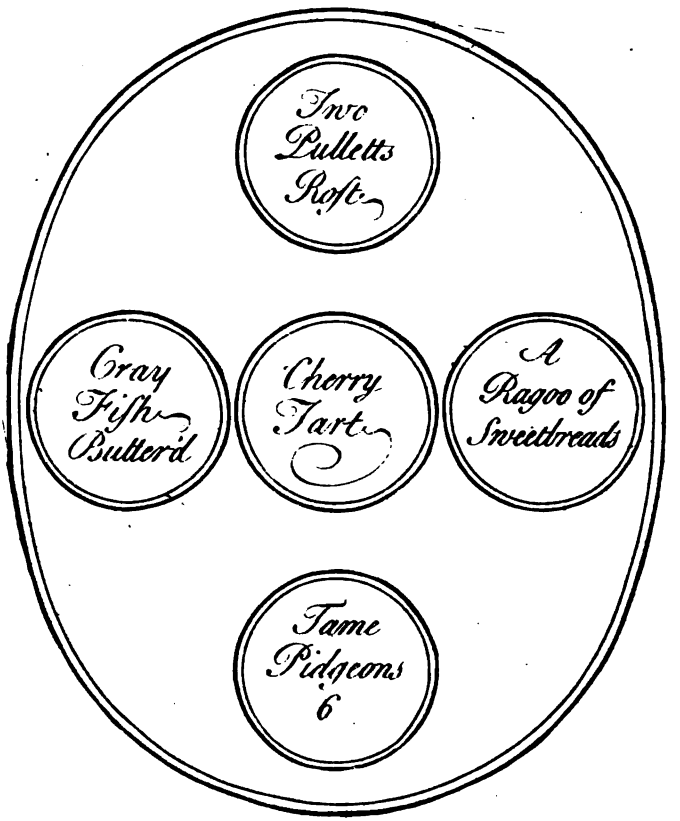

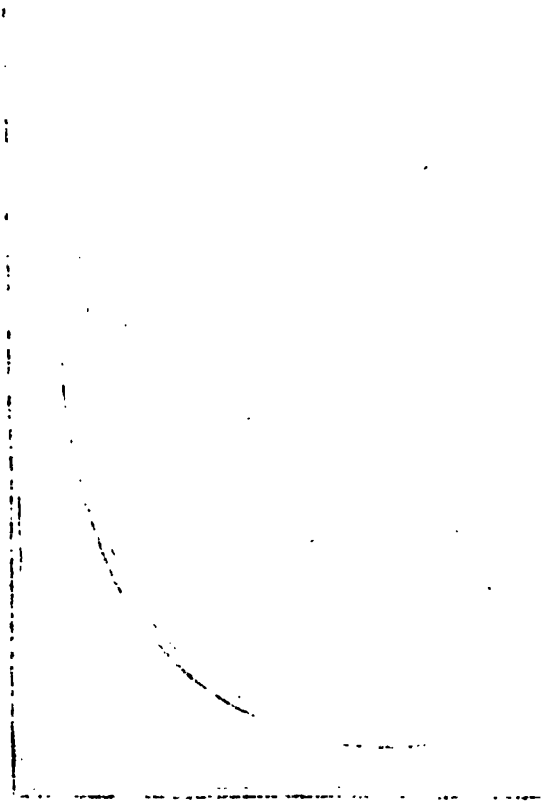

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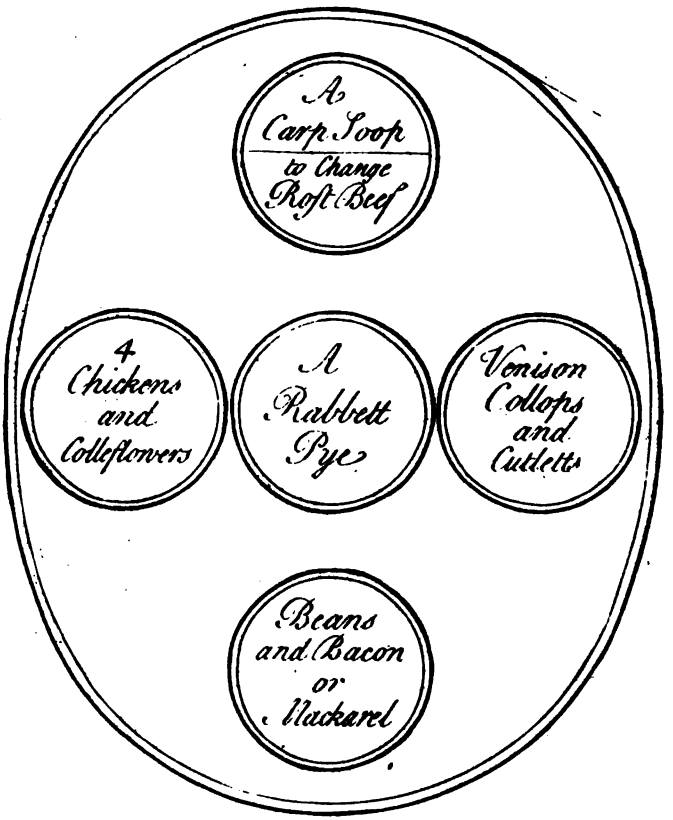

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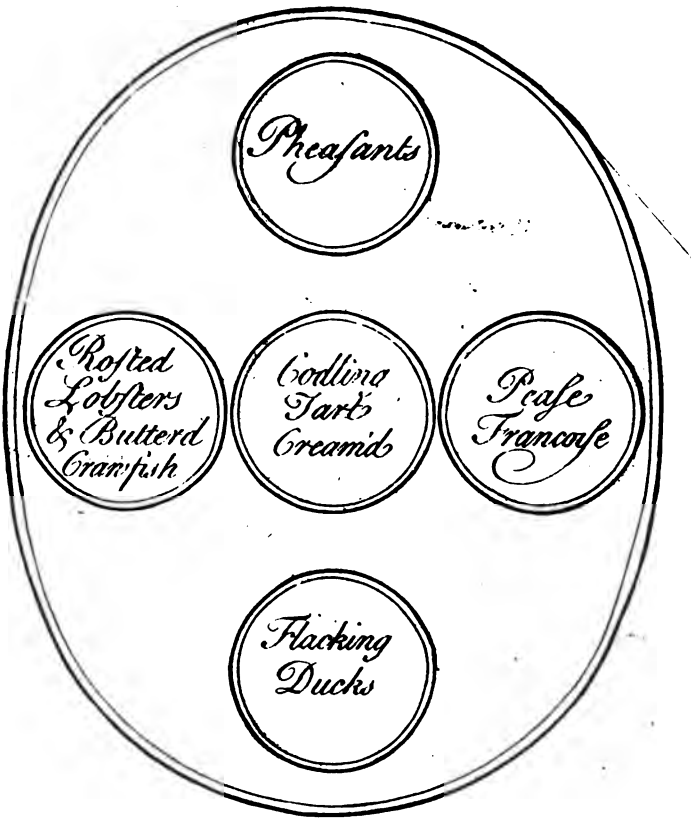

# AUGUST

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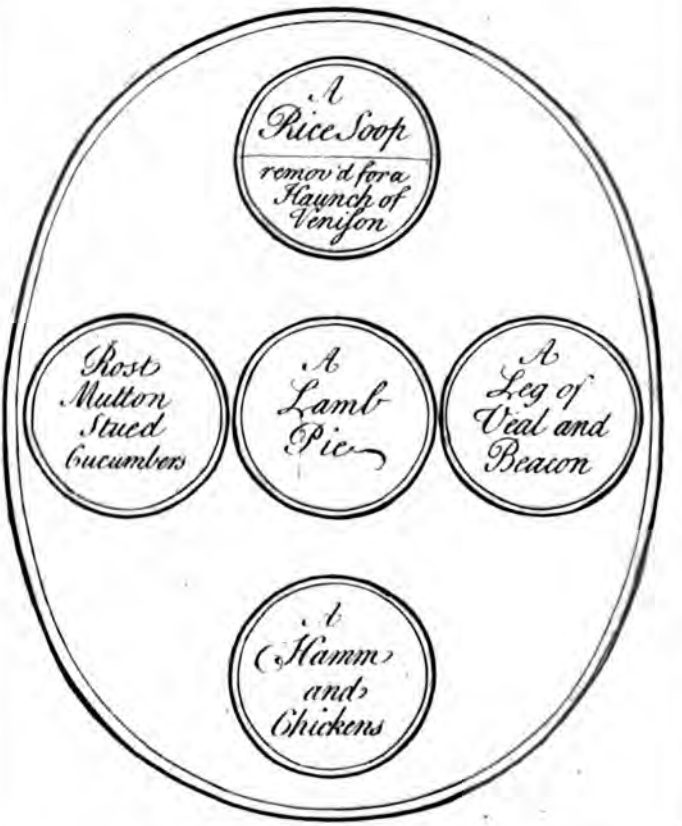

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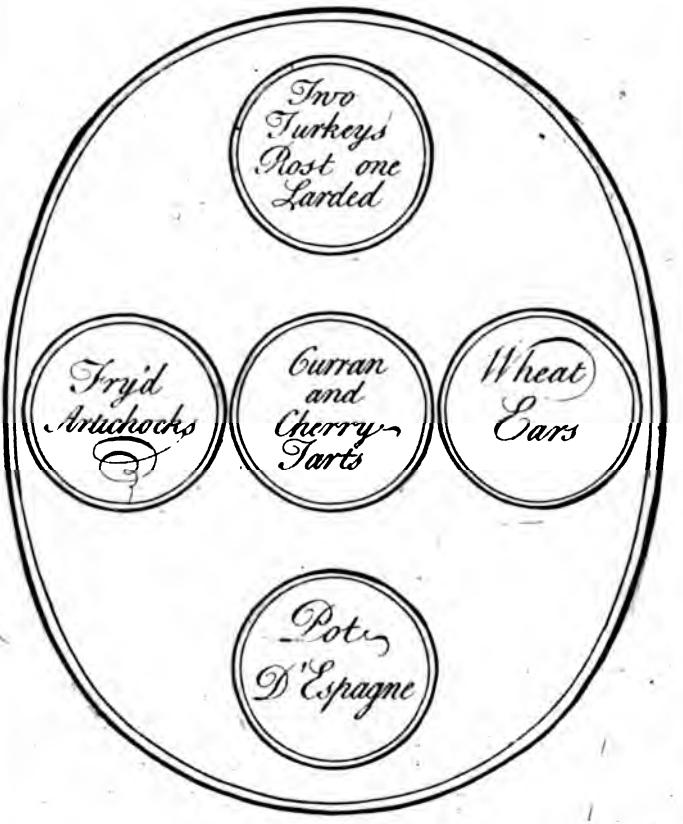

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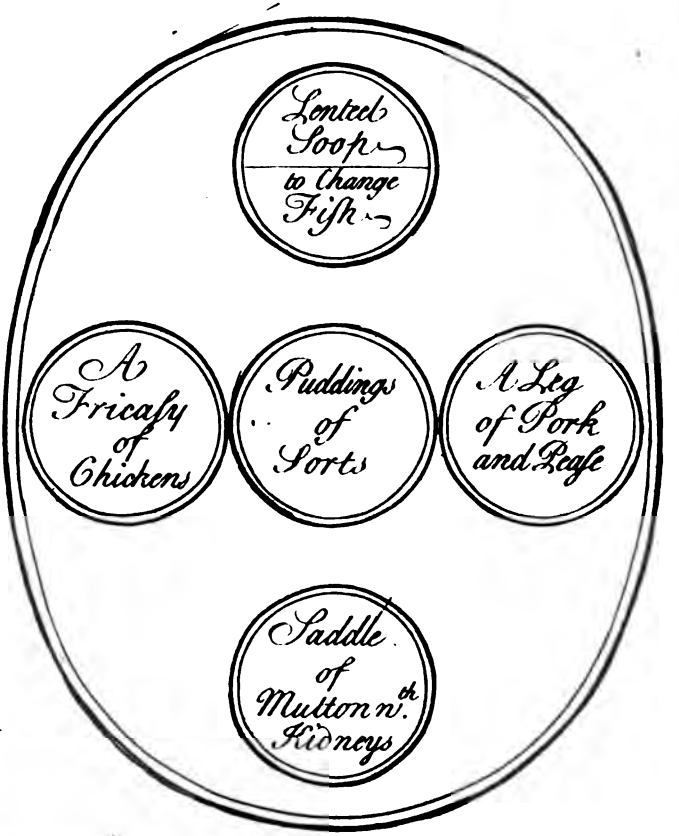

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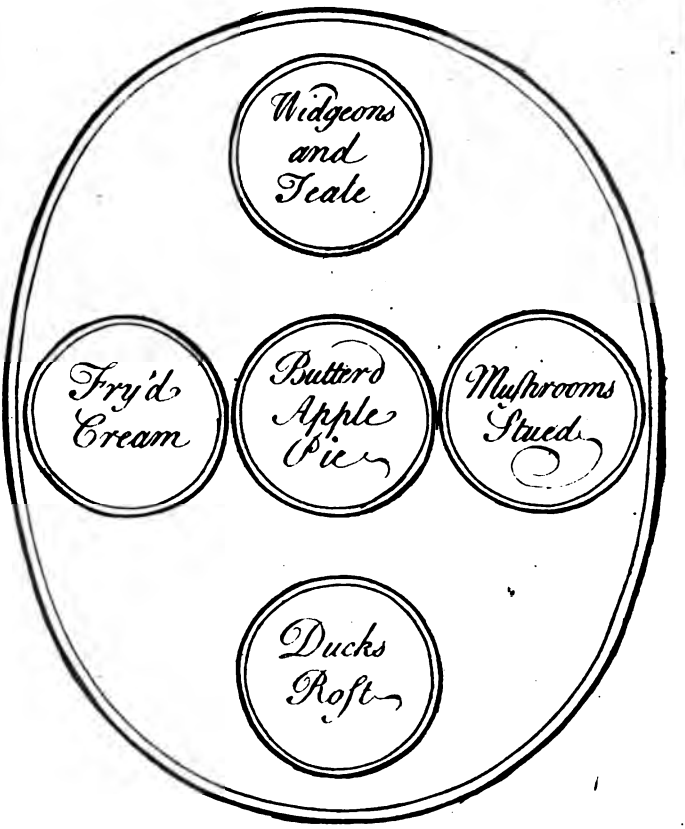

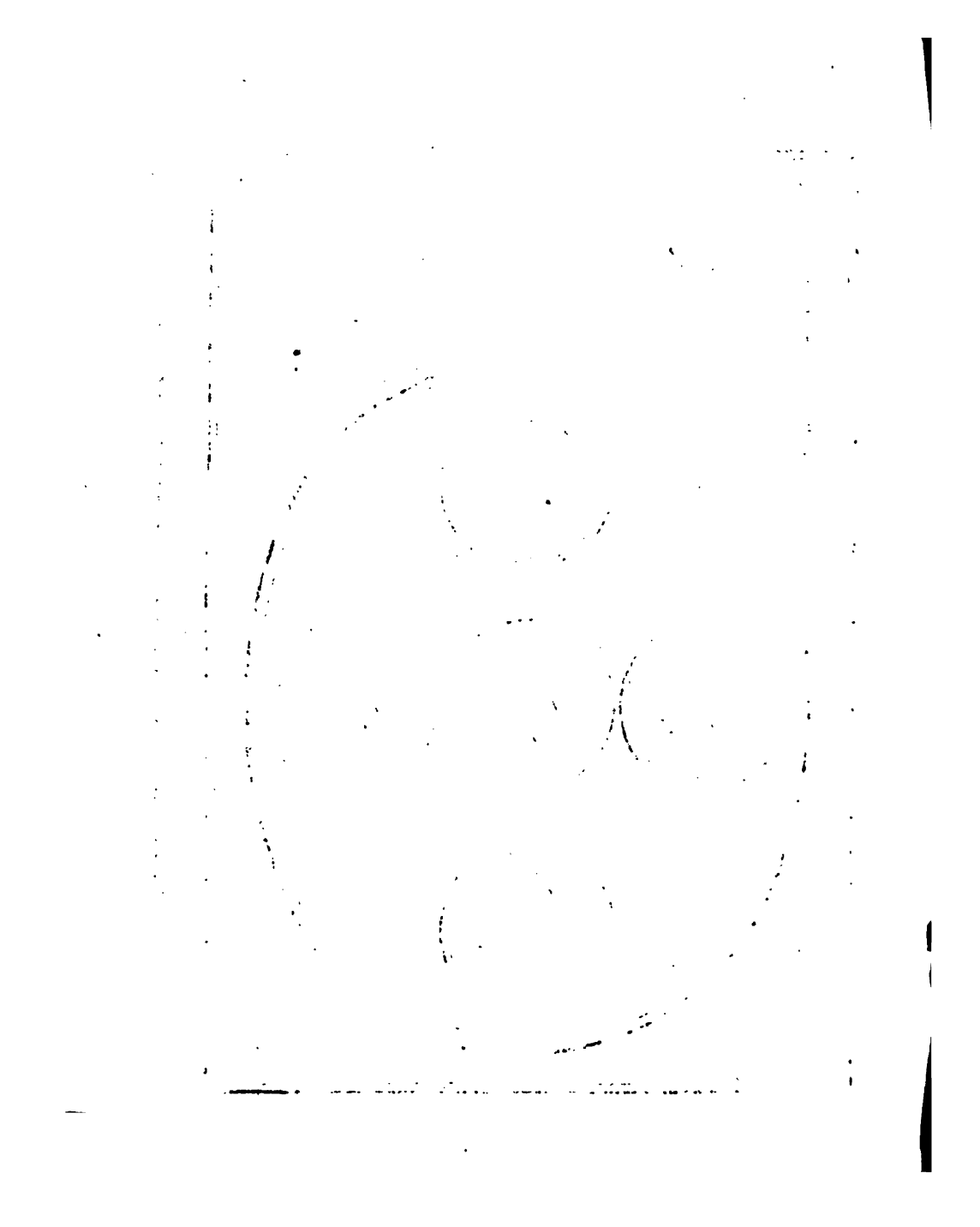

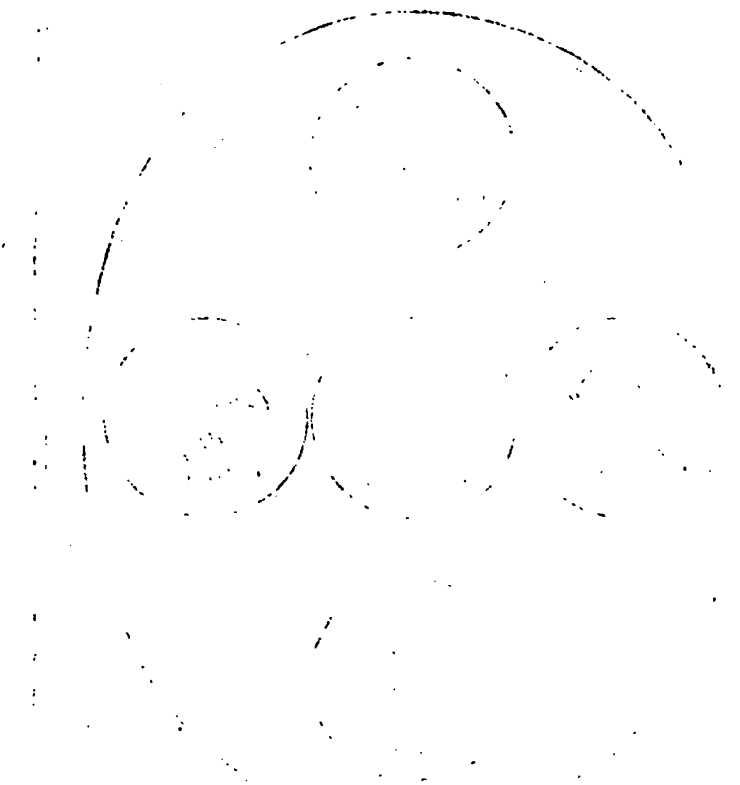

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# OCTOBER

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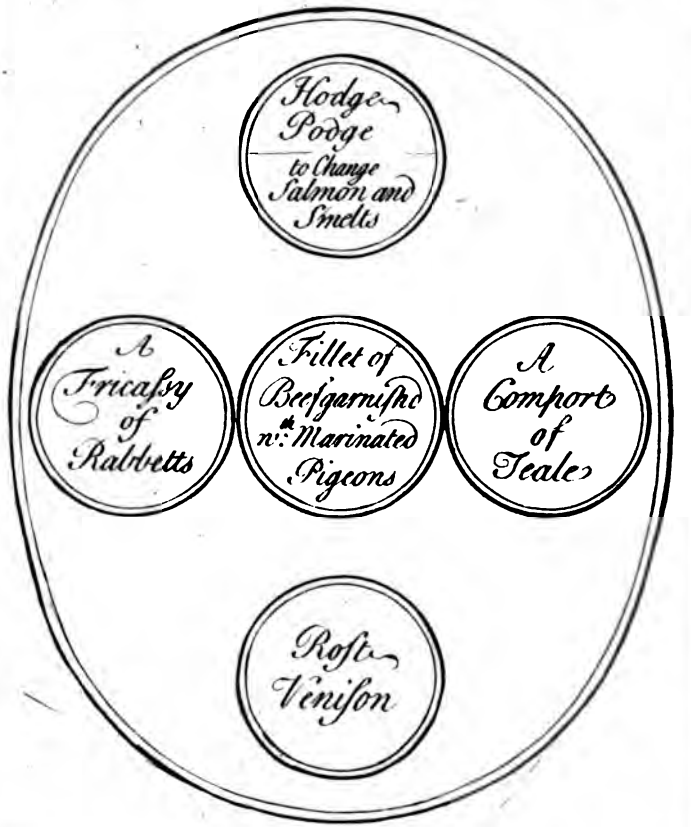

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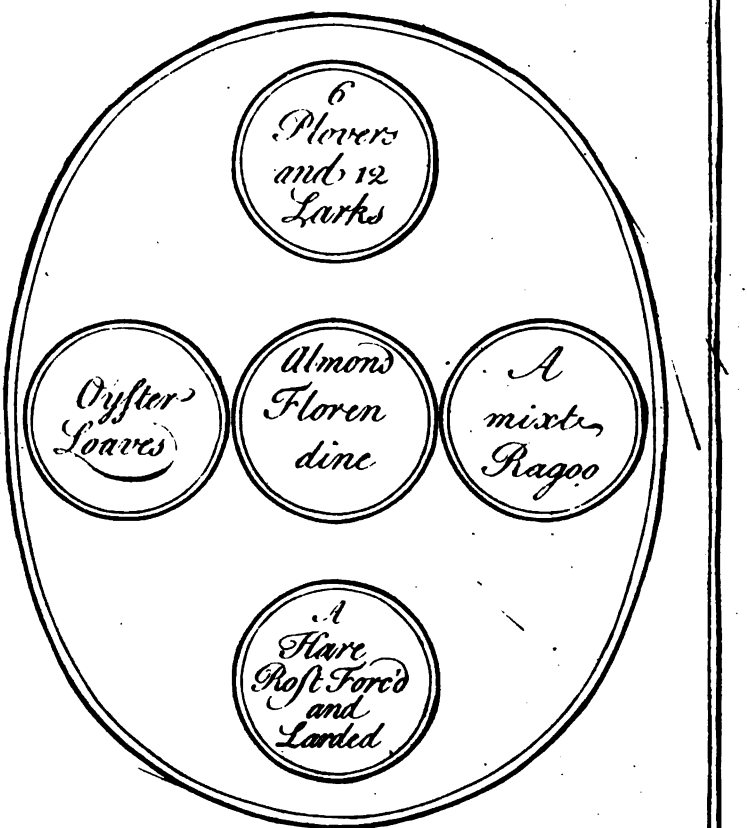

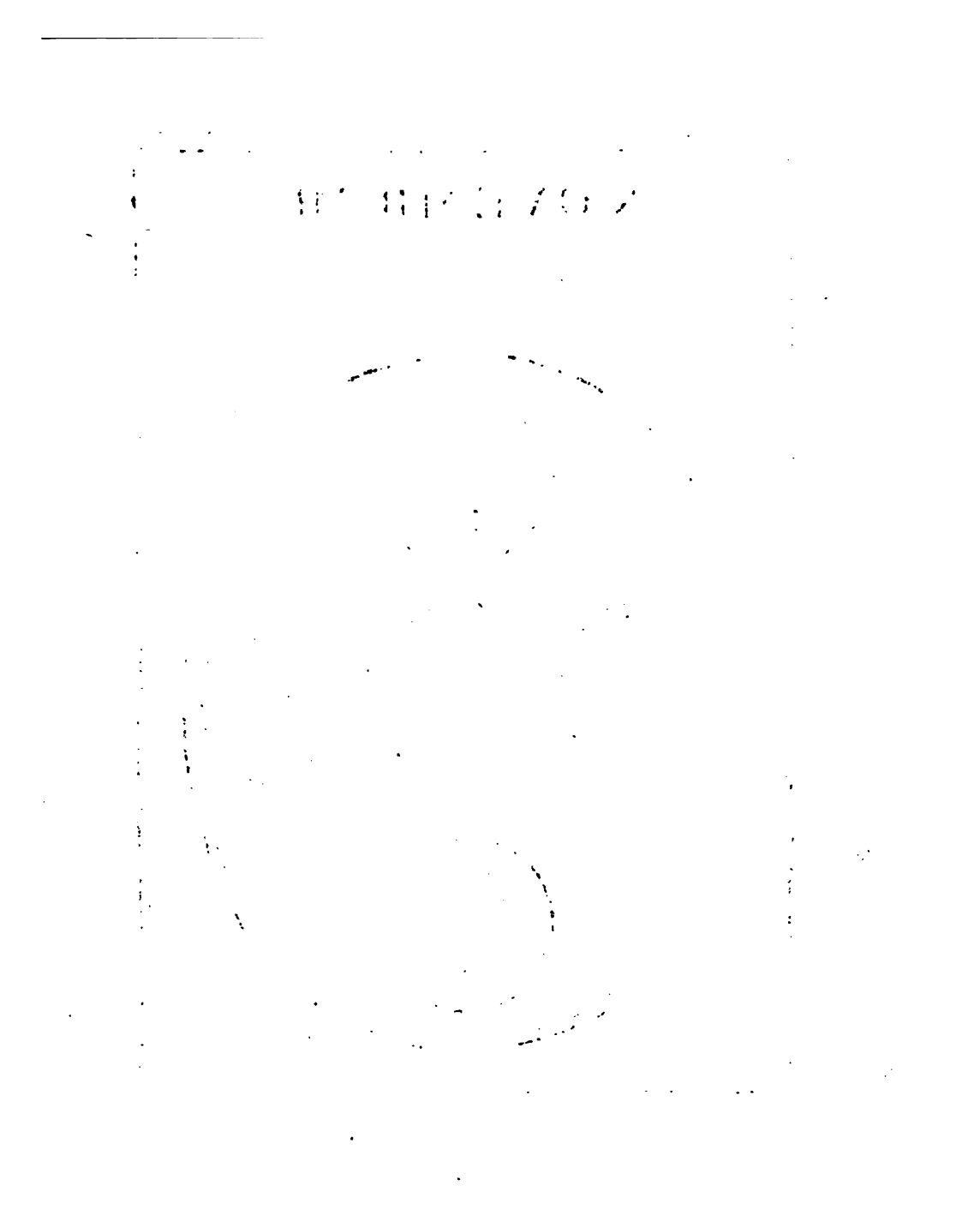

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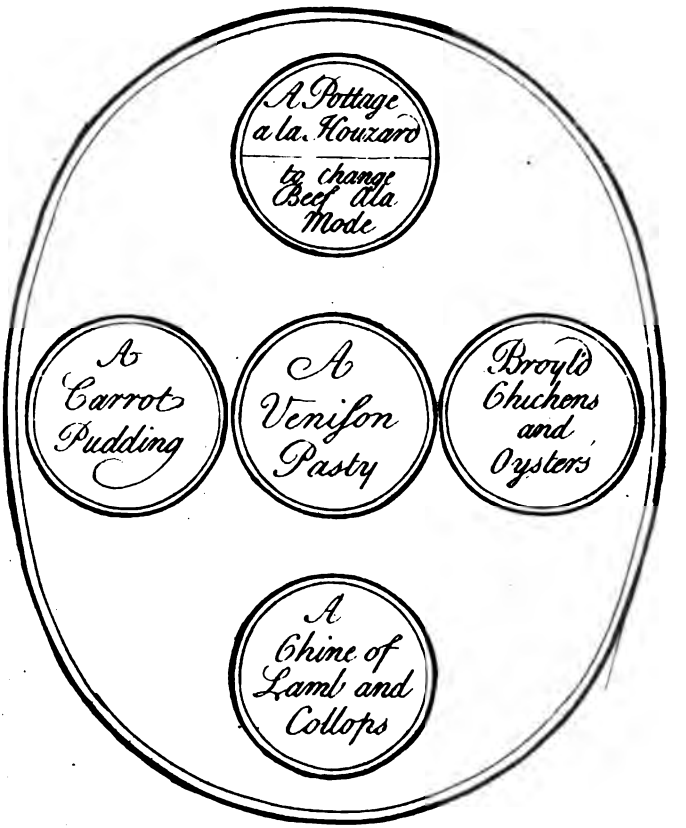

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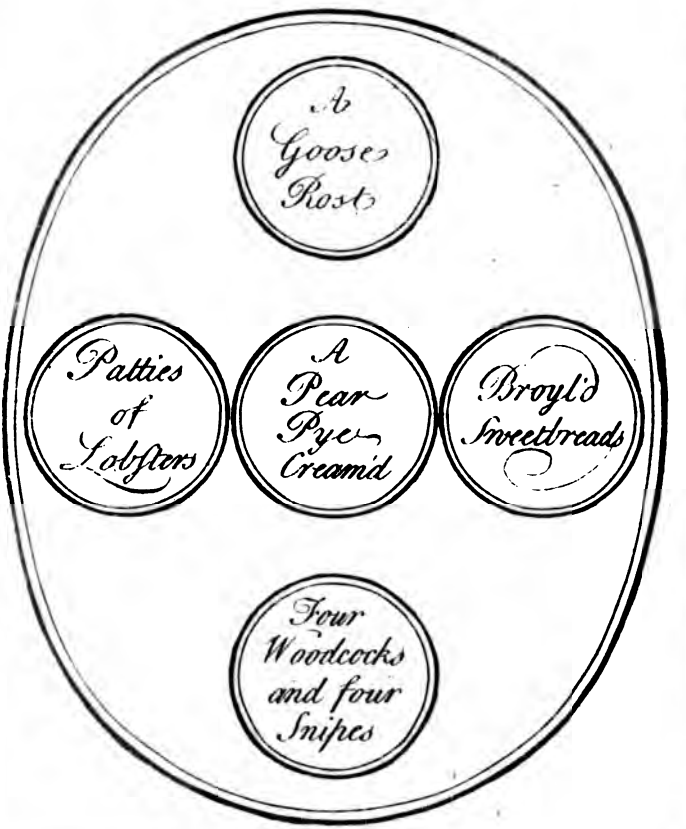

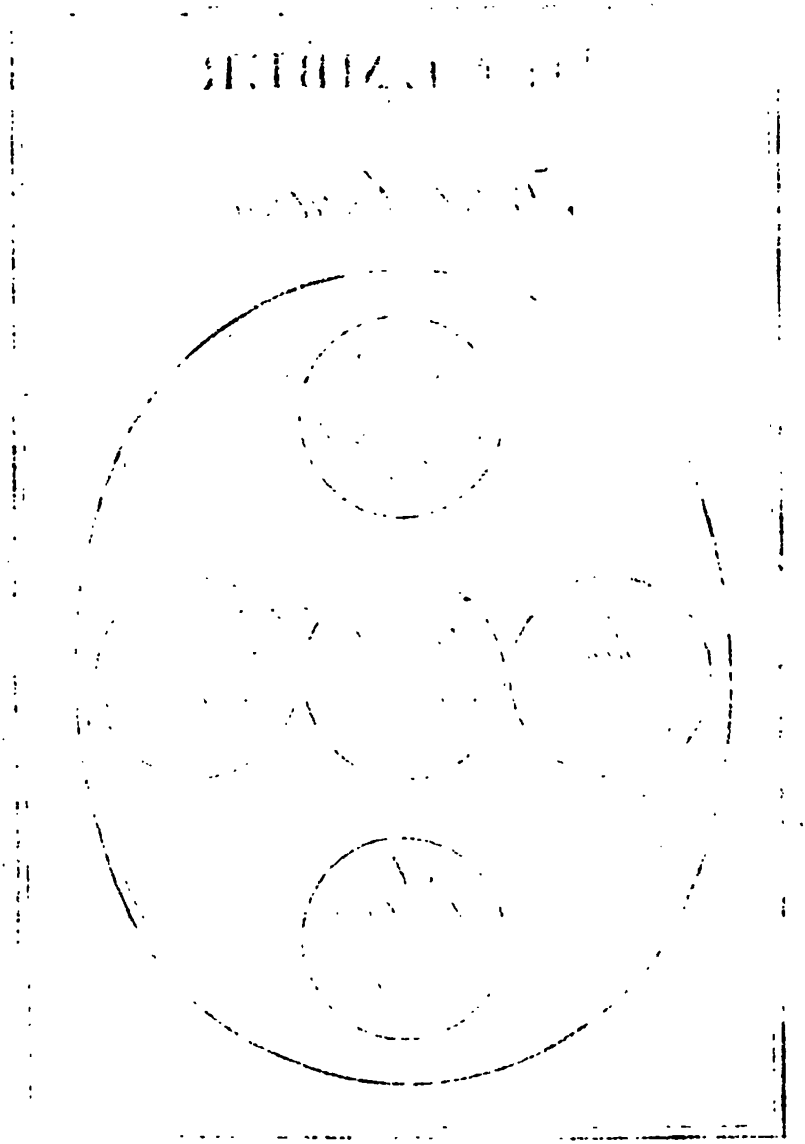

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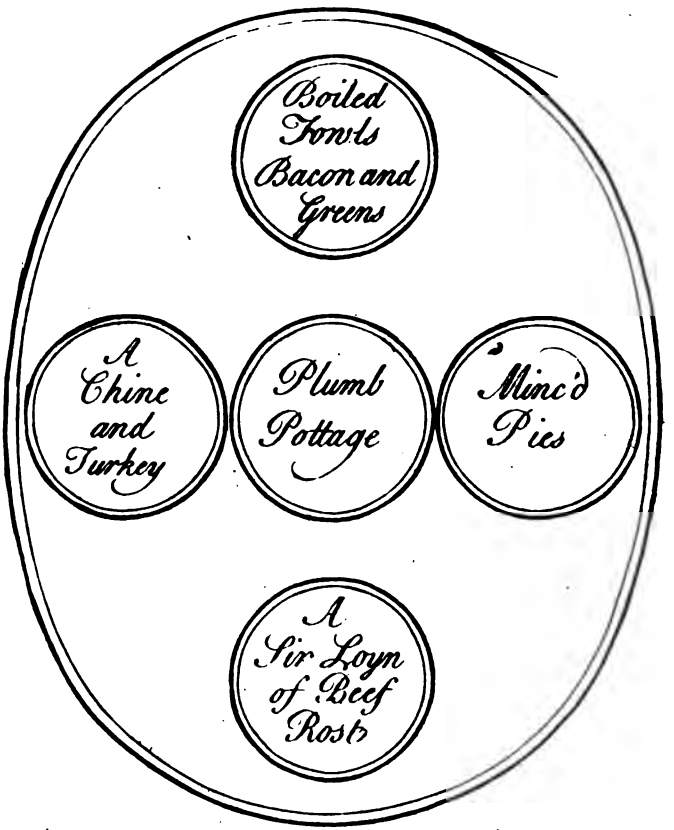

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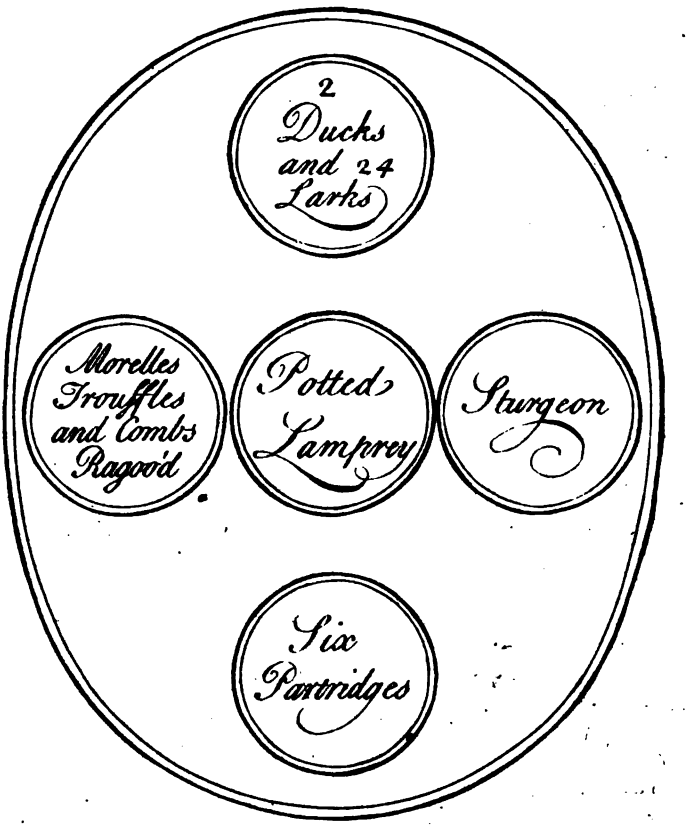


# BILLS *of* FARE *for every Month in the Year.*

## *JANUARY.*

### FIRST COURSE DISHES.

A Good Gravy, Oyſter, or Crawfiſh Soop.
Roaſted Cod's-Head.
A Fricaſey of Plaice.
Leg of Mutton Ham Faſhion.
Sir-Loin of Beef roaſted with a Salpicon.
Gooſe Pye *á la Mode.*
Lumber Pie.
A Pillaw.
Tongues and Udders roaſted.
*Scotch* Collops.
Stewed Carps.
Calf's-Head Haſh.

### SECOND COURSE.

Pheaſants and Woodcocks.
Butter'd Apple Pye.
Wild Ducks.
Calves Ears.
Fry'd Smelts.
Collar'd Pig.
Apricock Tarts.
Roaſted Lobſters.
Lamb Stones and Sweetbreads.
Sweetbreads of Veal *à la Dauphine.*
Lamb Stones the *Italian* Way.
Grill'd Chickens with a Sauce Robart.

## *FEBRUARY.*

### FIRST COURSE.

A Veal Soop, Barley Broth, or Lentil Soop.
Salmon boiled with Oyſters and Shrimps.
Surtout of Soals.
Battalia Pye.
Patty of Chickens.
Turkies with Eggs.
Bread Puddings.
Gooſe boiled with Greens.
Haunch of Veniſon.
Fricaſey of Lamb.
Pig Lamb Faſhion.
Boiled Chickens and Aſparagus.

### SECOND COURSE.

Fat Chickens and tame Pigeons.
Leverets.
Crocant Tart.
Roaſt Turkies.
Lamb in Joints.
Toaſts with Veal Kidneys.
Fry'd Soals.
Butter'd Chardoons.
Sheep's Tongues *à la St. Geran.*
Tartlets.
Potted Salmon.
Potted Lamprey.

## *MARCH.*

### FIRST COURSE.

Aſparagus Soop.
Boiled Turbut.
Whitings fry'd.
Calf's Head Pye.
Curd Pudding.
Biſque of Quails.
Chickens *Chiringrate.*
Boiled Veniſon and Cauliflowers.
Beef *à la Mode.*

Roaſt Tongue and Udder.
Rump of Beef rolled.
Leg of Veal forced.

SECOND COURSE.

Broiled Pike.
Patty of Calves Brains.
Tanzy.
White Fritters.
Ducklings.
Amulet of Aſparagus.
Sturgeon.
Oyſters in Shells.
Spinach *Roſa Solis.*
Eggs *à la Tripe.*
Notts and Ruffs.
Pullets with Eggs.

## *APRIL.*

FIRST COURSE.

Spring Soop, or Soop *de Santé.*
Biſque of Pigeons.
Chicken fricaſy'd with Petit Pattees
Mutton roaſted with Cutlets *à la Maintenon.*
Fowls boiled with Rice.
Veal Cutlets marinated.
Weſtphalia Ham and Chickens.
Chine of Veal.
Oxford Puddings.
Grand Sallad.
Ragoo of Sweetbreads.
Butter'd Crabs.

SECOND COURSE.

Green Geeſe roaſted.
Sucking Rabbits.
Roaſt Chickens.
Aſparagus.
Blanc Manger.
Pain Perdu.
Souced Pig.
Prauns.
Lobſters.
Collar'd Eels.
Chocolate Tart.
Fry'd Smelts,

## *MAY.*

FIRST COURSE.

Sorrel Soop with Eggs.
Rice Soop.
Briſcuit of Beef *a la Chalo.*
Crimp'd Cod.
Carp *au Court Bouillon.*
Olio in a *Terrine.*
Fricaſey of Rabbits.
Breaſt of Veal ragoo'd.
Beans and Bacon.
Mackrel.
Ham and Chickens.
Roaſt Mutton, with Regalia of Cucumbers.

SECOND COURSE.

Turky Polts.
Green Apricock Tart.
Four Chickens, two larded.
Green Peaſe.
Artichoke Bottoms with Cream.
Pheaſants with Eggs.
Green Geeſe.
Cheeſecakes.
Lampreys potted.
Tarts.
Clary with Eggs.
Morels *á la Cream.*

## *JUNE.*

FIRST COURSE.

Green Peaſe Soop.

A Mat-

A Mattelote of Fiſh.
Soals forced with Crawfiſh.
Haunch of Veniſon roaſted.
Pullets *á la St. Menehout.*
Mutton *à la Royale.*
Fricaſey of Pigeons in Blood.
Quails *á la Braiſe.*
Almond Pudding.
Lamb Pye.
Fillet of Veal and Collops.
Pullets *à la Tartare.*

SECOND COURSE.

Young Pheaſants.
Cherry Tart.
Lamb's Head and Appurtenances.
Jole of Sturgeon.
Butter'd Crawfiſh.
Leverets larded.
Souc'd Mullets.
Butter'd Lobſters.
Artichokes forced.
Turkies roaſted.
Squab Pigeons.
Wild Ducks.

## *J U L Y.*

FIRST COURSE.

A Carp Soop.
Cock Salmon with butter'd Lobſters.
Veniſon Paſty.
Chickens boiled with Bacon.
Tongue and Cauliflowers.
Orange Pudding.
Chine of Mutton.
Beans and Bacon.
Large Carps ſtewed.
A Pig.
White Fricaſey.
A Patty Royal.

SECOND COURSE.

Partridges and Quails.
Codling Tart.
Squabs *en Ortolan.*
Peaſe *Francoiſe.*
Bean Tanzy.
Fat Livers in Cauls.
Syringed Fritters.
Crawfiſh.
Neats Tongues cold.
Fry'd Cream.
Young Rabbits.
Bolognia Sauſages.

## *A U G U S T.*

FIRST COURSE.

Pottage with Ducks.
*Spaniſh* Olio.
Farced Chickens.
Partridges in *Gallimafry.*
Pigeons *à la Crapeaudine.*
Young Ducks with Orange Sauce.
Civet of Veniſon.
Lamb with Rice.
Turkies ſtuffed with Crawfiſh.
Forced Mutton.
*Italian* Pudding.
Sallad and Pickles.

SECOND COURSE.

Young Pigeons.
Artichokes the *Italian* way.
Cocks Combs.
Eggs with Gravy.
Roaſted or potted Wheat-Ears.
Green Peaſe.
Hogs Ears *en Gratin.*
Anchovies in *Canapè.*
Peach Tart.
Potted Lobſters.

Ducks Tongues.
Marinated Roaches.

## *SEPTEMBER.*

### FIRST COURSE.

Pottage of Partridge *à la Reine.*
Fried Scate with a Brown Sauce.
Saddle of Mutton with Kidneys.
Roaſt Gooſe.
A Ragoo of Beef Palates.
Boiled Pigeons with Bacon.
Marrow Pudding.
Neats Tongues *à la Braiſe.*
Stewed Tench.
Umble Pye.
Geeſe *à la Daube.*
Calf's Head Haſh'd and Grill'd.

### SECOND COURSE.

Wild Fowl.
Chicken Pye.
Stew'd Muſhrooms.
Butter'd Apple Pye.
Crawfiſh Loaves.
Artichokes with White Sauce.
Pupton of Apples.
Lobſters.
Cream Tarts.
Vine Leave Fritters.
Muſhrooms with Cream.
*Dutch* Beef.

## *OCTOBER.*

Vermicelli Soop.
A Pottage *à la Jacobine*
Rump of Beef *à la Royale.*
A Pottage of Cheſnuts.
Loin of Veal *à la Braiſe.*
An Eſclope of Rabbits.
Duck or Teal with Horſe Radiſh.
Perch with a Cullis of Crawfiſh.
Cuſtard Pudding.
Mutton Collops.
Fricaſey of Rabbits.
Veal ragoo'd.

### SECOND COURSE.

Plovers and Larks.
Cheſnut Tort.
Larded Hare.
Oyſters *au Parmeſan.*
Butter'd Lobſters.
Pippin Fraiſe.
Quince Pye.
Fried Sweetbreads.
Whitings skinned and fried in Batter.
Quail Pye.
Haſh'd Partridge.
Oyſters *à la Daube.*

## *NOVEMBER.*

### FIRST COURSE.

Poop *au Bourgeois.*
Harrico of Mutton.
Hodge Podge.
Barbels or Mullets.
A Pig Rolliard.
Broiled Chickens with Petty Patties the *Spaniſh* Way.
Veniſon Paſty.
Biſque of Pigeons.
Brawn.
Chickens *à la Braiſe.*
P th Pudding.
Fowl and Cheſnuts.

### SECOND COURSE.

A Chine of Salmon and Smelts.
A Pear Pye cream'd.
Snipes and Woodcocks.
Salmogundy.

Larks,

Potted Hare.
Larks.
Black and White Puddings.
Duck Pye to be eaten cold.
Ragoo of Oyſters.
Sturgeon.
Florendine.
Lamb in Joints.

## *DECEMBER.*

### FIRST COURSE.

Puree with Ducks.
Plumb Pottage.
Chine of Mutton.
Roaſt Turky.
Chine of Bacon.
Collar of Brawn.
Roaſt Sir-Loin of Beef.
Minced Pies.
Pullets with Oyſters.
Gooſe or Turky in Ragoo.
Battalia Pye.
Fore Quarter of Lamb roaſted.

### SECOND COURSE.

Roaſt Pheaſants.
Partridges.
Ducks and Larks.
Scollop Shells of Oyſters.
Potted Lamprey.
Potted Veniſon.
Teal.
Oyſter Loaves.
Roaſted Chickens.
Warden Pye.
Tarts and Cuſtards.
Jole of Sturgeon.

CHAP.

# CHAP XXX.

## INSTRUCTIONS *for* MARKETING.

### *At the POULTERERS.*

*To know whether a* Capon *is a true one, young or old, new or ſtale.*

IF he be young his Spurs are ſhort, and his Legs ſmooth; if a true Capon a fat Vein on the Side of his Breaſt, and the Comb pale, and a thick Belly and Rump, if new he will have a cloſe hard Vent, if ſtale, a looſe open Vent.

*A* Cock *or* Hen Turky, Turky poults.

If the Cock be young, his Legs will be black and ſmooth, and his Spurs ſhort, if ſtale, his Eyes will be ſunk in his Head, and the Feet dry; if new, the Eyes lively and Feet limber. Obſerve the like by the Hen, and moreover if ſhe be with Egg, ſhe will have a ſoft open Vent, if not, a hard cloſe Vent. Turky Poults are known the ſame Way, their Age cannot deceive you.

*A Cock, Hen,* &c.

If young, his Spurs are ſhort and dubbed, but take particular Notice, they are not pared or ſcraped by the knaviſh Poulterer to cheat you, if old, he will have an open Vent, but if new, a cloſe hard Vent; and ſo of a Hen for newneſs or ſtaleneſs; if old, her Legs and Comb are rough, if young, ſmooth.

*A Tame Gooſe, Wild Gooſe, Bran Gooſe,* &c.

If the Bill be yellowiſh, and ſhe has but few Hairs, ſhe is young, but if full of Hairs, and the Bill and Foot red

ſhe

ſhe is old; if new, limber footed; if ſtale, dry footed, and ſo of a Wild Gooſe and Bran Gooſe.

*Wild Ducks, and Tame Ducks.*

The Duck, when fat, is hard and thick on the Belly, but if not, thin and lean; if new, limber footed, if ſtale, dry footed; a true Wild Duck has a reddiſh Foot, ſmaller than the Tame one.

*Goodwets, Marle, Knots, Ruffs, Gull, Dotterels, and Wheat Ears.*

If theſe be old their Legs will be rough, if young, ſmooth; if fat, a fat Rump, if new, limber footed, if ſtale, dry footed.

*Pheaſant, Cock and Hen.*

The Cock, when young, has dubbed Spurs; when old, ſharp ſmall Spurs; if new, a faſt Vent, if ſtale, an open flabby one. The Hen if young, has ſmooth Legs, and her Fleſh of a curious Grain; if with Egg, ſhe will have a ſoft open Vent, if not, a cloſe one. For newneſs or ſtaleneſs as the Cock.

*Heath and Pheaſant Pouts.*

If new, they will be ſtiff and white in the Vent, and the Feet limber; if Fat, they will have a hard Vent; if ſtale, dry footed and limber, and if touch'd they will peel.

*Heath Hen and Cock.*

If young they have ſmooth Legs and Bill; if old, rough, for the reſt they are known as the foregoing.

*Partridge, Hen or Cock.*

The Bill white and the Legs bluiſh ſhew Age; for if young, the Bill is black and Legs yellowiſh; if new a faſt Vent, if ſtale, a green and open one: If their Crops be full

full, and they have fed on green Wheat, they may taint there; and for this ſmell in their Mouths.

*Woodcock and Snipe.*

The Woodcock, if fat, is thick and hard; if new, limber footed; when ſtale, dry footed; or if their Noſes are ſnotty, and their Throats muddy and mooriſh, they are nought. A Snipe, if fat, has a Fat Vein in the Side under the Wing, and in the Vent feels thick; for the reſt like the Woodcock.

*Doves and Pigeons.*

To know the Turtle Dove, look for a bluiſh Ring round his Neck, and the reſt moſtly white; the Stock Dove is bigger, and the Ring Dove is leſs than the Stock Dove: The Dove Houſe Pigeons, when old are red legg'd, if new and fat, they will feel full and fat in the Vent, and are limber footed; but if ſtale, a flabby and green Vent.

And thus of green or gray Plover, Felfare, Blackbird, Thruſh, Larks, *&c.*

*Of Hare, Leveret, Rabbit or Cony.*

A Hare will be whitiſh and ſtiff, if new and clean killed; if ſtale, the Fleſh blackiſh in moſt Parts, and the Body limber; if the Cleft in her Lips ſpread very much, and her Claws wide and ragged, ſhe is cold, the contrary if young. To know a true Leveret, feel on the Fore Leg near the Foot, and if there be a ſmall Bone or Knob, it is right, if if not 'tis a Hare; for the reſt obſerve as in the Hare. A Coney if ſtale, will be limber and ſlimy; if new, white and ſtiff; if old, her Claws are very long and rough, the Wool mottled with gray Hairs; if young, the Claws and Wool ſmooth.

## *At the* FISHMONGERS.

*To chooſe Salmon, Pike, Trout, Carp, Tench, Grailing, Barbel, Chub, Ruff, Eel, Whiting, Smelt, Shad,* &c.

ALL theſe are known to be new or ſtale by the Colour of the Gills, their Eaſineſs or Hardneſs to open, the hanging or keeping up their Fins, Stiffneſs of their Bodies, the ſtanding out or ſinking of their Eyes, *&c.* and by ſmelling their Gills.

*Turbut.*

He is choſen by his Thickneſs and Plumpneſs, and if his Belly be of a Cream Colour, he muſt ſpend well, but if thin, and his Belly of a bluiſh white, he will eat very looſe.

*Cod and Codling.*

Chooſe him by his Thickneſs towards his Head, and the Whiteneſs of his Fleſh when it is cut: And ſo of a Codling.

*Ling.*

For dry'd Ling, chooſe that which is thickeſt in the Poll, and the Fleſh of the brighteſt Yellow.

*Scate and Thornback.*

Theſe are choſen by their Thickneſs, and the She Scate is the ſweeteſt, eſpecially if large.

*Soals.*

Theſe are choſen by their Thickneſs and Stiffneſs, when their Bellies are of a Cream Colour they ſpend the firmer.

*Sturgeon.*

If it cuts without crumbling, and the Veins and Griſtle give a true blue where they appear, and the Fleſh a perfect white, then conclude it to be good.

*Freſh Herring and Mackerel.*

If their Gills are of a lively ſhining Redneſs, and their Eyes ſtand full, and the Fiſh is ſtiff, then they are new; but if dusky and faded, or ſinking and wrinkled, and Tails limber, they are ſtale.

*Lobſters.*

Chooſe them by their Weight, the heavieſt are beſt, if no Water be in them: If new, the Tail will fall ſmart, like a Spring; if full, the Middle of the Tail will be of full hard, reddiſh, skin'd Meat. Cock Lobſter is known by the narrow back Part of his Tail, and the two uppermoſt Fins within his Tail are ſtiff and hard; but the Hen is ſoft, and the back of her Tail broader.

*Prawns, Shrimps and Crabfiſh.*

The two firſt, if ſtale, will be limber, and caſt a Kind of Limy ſmell, their Colour fading, and they ſlimy: The two latter will be limber in their Claws and Joints, their red Colour turn blackiſh and dusky, and will have an ill Smell under their Throats: Otherwiſe all of them are good.

*Plaice and Flounders.*

If they are ſtiff, and their Eyes be not ſunk, or look dull, they are new, the contrary when ſtale: The beſt Sort of Plaice look bluiſh on the Belly.

*Pickled Salmon.*

If the Fleſh feels oily, and the Scales are ſtiff, and ſhinning, and it comes in Fleaks, and parts without crumbling, then it is new and good, and not otherwiſe.

*Pickled and Red-Herrings.*

For the firſt, open the Back to the Bone, and if the Fleſh be white, fleaky and oily, and the Bone white, or a bright Red, they are good. If Red-Herrings carry a good

good Gloſs, part well from the Bone, and ſmell well, then conclude them to be good.

## *At the* BUTCHERS.

### *To chooſe Lamb.*

IN a Fore Quarter of Lamb, mind the Neck Vein; if it be an Azure Blue it is new and good, but if greeniſh or yellowiſh it is near tainting, if not tainted already. In the Hinder Quarter, ſmell under the Kidney, and try the Knuckle; if you meet with a faint Scent, and the Knuckle be limber, it is ſtale killed. For a Lamb's Head, mind the Eyes, if they be ſunk or wrinkled, it is ſtale, if plumb and lively, it is new and ſweet.

### *Veal.*

If the Bloody Vein in the Shoulder look blue, or a bright Red, it is new killed; but if blackiſh, greeniſh or yellowiſh, it is ſlabby and ſtale; if wrapt in wet Cloaths, ſmell whether it be muſty or not. The Loin firſt taints under the Kidney, and the Fleſh, if ſtale killed, will be ſoft and ſlimy.

The Breaſt and Neck taints firſt at the upper End, and you will perceive ſome dusky yellowiſh or greeniſh Appearance; the Sweetbread on the Breaſt will be clammy; otherwiſe it is freſh and good: The Leg is known to be new by the Stiffneſs of the Joint, if limber, and the Fleſh ſeems clammy, and has green or yellow Specks 'tis ſtale. The Head is known as the Lamb's. The Fleſh of a Bull Calf is more red and firm than that of a Cow Calf, and the Fat more hard and curdled.

*Mutton.*

If Mutton be young, the Fleſh will pinch tender; if old, it will wrinkle and remain ſo: If young, the Fat will eaſily part from the Lean; if old, it will ſtick by Strings and Skins: If Ram-Mutton, the Fat feel ſpungy, the Fleſh cloſe grained and tough, not riſing again, when dented by your Finger; if Ewe-Mutton, the Fleſh is paler than Weather-Mutton, a cloſer Grain, and eaſily parting. If there be a Rot, the Fleſh will be paliſh, and the Fat a faint whitiſh, inclining to yellow, and the Fleſh be looſe at the Bone; if you ſqueeze it hard, ſome Drops of Water will ſtand up like Sweat; as to newneſs and ſtaleneſs, the ſame is to be obſerved as by Lamb.

*Beef.*

If it be right Ox-Beef it will have an open Grain, if young, a tender and oily ſmoothneſs: If rough and ſpungy it is old, or inclining to be ſo, except Neck, Briſcuit, and ſuch Parts as are very fibrous, which in young Meat will be more tough than in other Parts. A Carnation pleaſant Colour betokens good ſpending Meat, the Sewet a curious white, yellowiſh is not ſo good.

Cow-Beef is leſs bound and cloſer grained than the Ox, the Fat whiter, but the Lean ſomewhat paler, if young, the Dent you make with your Finger will riſe again in a little Time.

Bull-Beef is of a cloſer Grain, a deep dusky red, tough in pinching, the Fat skinny, hard, and has a rammiſh rank ſmell, and for newneſs or ſtaleneſs this Fleſh, bought freſh, has but few Signs, the moſt material is its Clammineſs, the reſt your Smell will inform you. If it be bruiſed

bruiſed theſe Places will look more dusky or blackiſh than the reſt.

*Pork.*

If it be young, the Lean will break in pinching between your Fingers, and if you nip the Skin with your Nails, it will make a Dent; alſo if the Fat be ſoft and pulpy, in a Manner like Lard, and if the Lean be tough and the Fat flabby and ſpungy, feeling rough, it is old, eſpecially if the Rind be ſtubborn, and you cannot nip it with your Nails.

If of a Boar, tho' young, or of a Hog, gelded at full Growth, the Fleſh will be hard, tough, reddiſh, and rammiſh of Smell; the Fat skinny and hard, the Skin very thick and tough, and pinched up it will immediately fall again.

As for old or new killed, try the Legs, Hands, and Springs, by putting your Fingers under the Bone that comes out; for if it be tainted, you will there find it by ſmelling your Finger; beſides, the Skin will be ſweaty and clammy when ſtale, but cool and ſmooth when new.

If you find little Kernels in the Fat of Pork, like Hail-Shot, if many 'tis meazly, and dangerous to be eaten.

*How to chooſe* Brawn, Veniſon, *Wheſtphalia* Hams, &c.

*Brawn.*

BRAWN is known to be old or young by the extraordinary or moderate Thickneſs of the Rind; the Thick is old, the moderate is young; if the Rind and Fat be very tender it is not Boar Bacon, but Barrow or Sow.

*Veniſon.*

*Veniſon.*

Try the Haunches or Shoulders under the Bones, that come out, with your Finger or Knife, and as the Scent is ſweet or rank, it is new or ſtale; and the like of the Sides in the moſt fleſhy Parts: If tainted, they will look greeniſh in ſome Places, or more than ordinary black. Look on the Hoofs, and if the Clefts are very wide and tough it is old, if cloſe and ſmooth, it is young.

Weſtphalia *Hams and* Engliſh *Bacon.*

Put a Knife under the Bone that ſticks out of the Ham, and if it comes out in a Manner clean, and has a curious Flavour it is ſweet and good; if much ſmeered and dulled it is tainted or ruſty.

*Engliſh* Gammons are tried the ſame Way; and for other Parts try the Fat, if it be white, oily in feeling, and does not break or crumble, and the Fleſh ſticks well to the Bone, and bears a good Colour, it is good; but if the contrary, and the Lean has ſome little Streaks of Yellow, it is ruſty, or will ſoon be ſo.

*Butter, Cheeſe, and Eggs.*

When you buy Butter, truſt not to that which will be given you to taſte, but try it in the Middle, and if your Smell and Taſte be good, you cannot be deceived.

Cheeſe is to be choſen by its moiſt and ſmooth Coat; if old Cheeſe be rough coated, rugged, or dry at Top, beware of little Worms or Mites: If it be over full of Holes, moiſt or ſpungy, it is ſubject to Maggots. If any ſoft or periſh'd Place appear on the Outſide, try how deep it goes, for the greater Part may be hid within.

Eggs are to be choſen by holding them to the Light; if the White looks clear, and the Yolk floats about, it is a good

good Egg: If cloudy, or the Yolk be ſunk to the Bottom, it is ſtark nought.

### Engliſh *and Outlandiſh Fruit.*

If the Stalk comes out eaſily with the Spires belonging to it, and look ruſty, the Fruit is periſh'd at the Core, or if there be a rotten Speck at the Stalk, Muſtineſs is diſcerned by the Roughneſs of their Coats, and fading of their Colour.

Oranges, Lemons, and Pomgranates are known by their Weight: If the two former be pricked, ſome Spots and Specks will appear; and the laſt, if it be not full, will rattle.

### *Things to be provided when any Family is going into the Country for a Summer.*

Nutmegs, Mace, Cinnamon, Cloves, Pepper, Ginger, *Jamaica* Pepper, Raiſins, Currants, Sugar Lisbon, Sugar Loaf Lump, Sugar double refin'd, Prunes, Oranges, Lemons, Anchovies, Olives, Capers, Mangoes, Oil for Salads, Vinegar, Verjuice, Tea, Coffee, Chocolate, Almonds, Cheſnuts, *French* Pears, Sagoe, Truffles, Morels, Macroni, Vermicelli, Rice, Millet, Comfits, and Piſtachoe Nuts.

CHAP.

# CHAP. XXXI.

## *Of* ENGLISH WINES.

### Red *or* White Elder Wine.

GAther the Elder Berries ripe and dry, pick them, bruiſe them with your Hands, and ſtrain them; then ſet the Liquor by in glazed earthen Veſſels for twelve Hours to ſettle, then put to every Pint of Juice a Pint and half of Water, and to every Gallon of this Liquor, put three Pounds of *Lisbon* Sugar: Set this in a Kettle over the Fire, and when it is ready to boil, clarify it with the Whites of four or five Eggs; let it boil an Hour, and when it is almoſt cold, work it with ſome ſtrong Ale Yeaſt and then tun it, filling up the Veſſel from time to time with the ſame Liquor ſaved on Purpoſe, as it ſinks by working. In a Month's Time, if the Veſſel holds about eight Gallons, it will be fine and fit to bottle, and after bottling will be fit to drink in two Months, but remember that all Liquors muſt be fine before they are bottled, or elſe they will grow ſharp and ferment in the Bottles, and never be good for any thing.

*N. B.* Add to every Gallon of this Liquor a Pint of ſtrong Mountain Wine, but not ſuch as has the Borachio or Hogskin Flavour. This Wine will be very ſtrong and pleaſant, and will keep ſeveral Years.

We muſt prepare our Red Elder Wine in the ſame Manner that we make with Sugar, and if our Veſſel hold about eight or ten Gallons, it will be fit for bottling in about a Month's

Month's time; but if the Veſſel be larger, it muſt ſtand longer in Proportion, three or four Months at leaſt for a Hogſhead.

### *To make* Palermo *Wine.*

TAKE to every Quart of Water a Pound of *Malaga* Raiſins, rub and cut the Raiſins ſmall, and put them to the Water, and let them ſtand ten Days, ſtirring it once or twice a Day; you muſt boil the Water an Hour before you put it to the Raiſins, and let it ſtand to cool; at ten Days End ſtrain off your Liquor, and put a little Yeaſt to it, and at three Days put it in the Veſſel with one Sprig of dry'd Wormwood; let it be cloſe ſtopp'd, and at three Months End bottle it off.

### *To make* Gooſeberry Wine.

GAther your Gooſeberries in dry Wheather, when they are half ripe, pick them and bruiſe them in a Tub, with a Wooden-Mallet, or other ſuch like Inſtrument, for no Metal is proper; then take about the Quantity of a Peck of the bruiſed Gooſeberries, put them into a Cloth made of Horſe-hair, and preſs them as much as poſſible, without breaking the Seeds; repeat this Work 'till all your Gooſeberries are preſſed, and adding to this preſs'd Juice, the other which you will find in the Tub, add to every Gallon three Pounds of Powder Sugar, for *Lisbon* Sugar will give the Wine a Taſte which may be diſagreeable to ſome People, and beſides, it will ſweeten much more than the dry Powder; ſtir this together 'till the Sugar is diſſolved, and then put it in a Veſſel or Cask, which muſt be quite fill'd with it. If the Veſſel holds

about ten or twelve Gallons, it muſt ſtand a Fortnight or three Weeks; or if about twenty Gallons, then about four or five Weeks to ſettle in a cool Place; then draw off the Wine from the Lee, and after you have diſcharged the Veſſel from the Lees, return the clear Liquor again into the Veſſel, and let it ſtand three Months, if the Cask is about ten Gallons; or between four and five Months, if it be twenty Gallons, and then bottle it off. We muſt note, that a ſmall Cask of any Liquor is always ſooner ripe and fit for drinking than the Liquor of a larger Cask will be; but a ſmall Body of Liquor will ſooner change ſour, than that which is in a larger Cask. The Wine, if it is truly prepared, according to the above Directions, will improve every Year, and laſt ſeveral Years.

## *To make* Currant Wine.

GAther your Currants full ripe, ſtrip them and bruiſe them in a Mortar, and to every Gallon of the Pulp put two Quarts of Water, firſt boiled and cold: You may put in ſome Raſps if you pleaſe, let it ſtand in a Tub 24 Hours to ferment, then let it run through a Hair-ſieve: Let no Hand touch it, let it take its Time to run, and to every Gallon of this Liquor put two Pounds and an half of white Sugar; ſtir it well and put it in your Veſſel, and to every ſix Gallons put in a Quart of the beſt rectify'd Spirit of Wine; let it ſtand ſix Weeks, and bottle it; if it's not very fine, empty it into other Bottles, or at firſt draw it into large Bottles, and then after it has ſtood a Fortnight, rack it off into ſmaller.

## *To make* Cherry Wine.

PULL off the Stalks of the Cherries and waſh them without breaking the Stones, then preſs them hard through a Hair Bag, and to every Gallon of Liquor put two Pounds of Six-penny Sugar: The Veſſel muſt be full, and let it work as long as it makes a Noiſe in the Veſſel; then ſtop it up cloſe for a Month or more, and when it is fine, draw it into dry Bottles, and put a Lump of Sugar into every Bottle; if it makes them fly, open them all for a Moment, and ſtop them up again: It will be fit to drink in a Quarter of a Year.

## Raiſin Wine.

TO every Gallon of clear Thames, or other River Water, put five Pounds of *Malaga* or *Belvedere* Raiſins, let them ſteep a Fortnight, ſtirring them every Day; then pour the Liquor off, and ſqueeze the Juice out of the Raiſins, and put both Liquors together in a Veſſel that is of a Size to contain it exactly, for it ſhould be quite full; let the Veſſel ſtand open thus 'till your Wine has done hiſſing, or making the leaſt Noiſe: You may add a Pint of *French* Brandy to every two Gallons, then ſtop it up cloſe, and when you find it is fine, which you may know by pegging it, bottle off.

If you would have it red, put one Gallon of *Alicant* Wine to every four of Raiſin Wine.

## *To make* Orange Wine.

PUT twelve Pounds of fine Sugar, and the Whites of eight Eggs, well beaten, into ſix Gallons of Spring

Water; let it boil an Hour, ſcumming it all the Time, take it off, and when 'tis pretty cool, put in the Juice of fifty *Seville* Oranges, and ſix Spoonfuls of good Ale Yeaſt, and let it ſtand two Days, then put it into your Veſſel with two Quarts of Rheniſh Wine, and the Juice of twelve Lemons: You muſt let the Juice of Lemons and Wine, and two Pounds of double refin'd Sugar, ſtand cloſe cover'd ten or twelve Hours before you put it into the Veſſel to your Orange Wine, and ſcum off the Seeds, before you put it in. The Lemon Peels muſt be put in with the Oranges, half the Rinds muſt be put into the Veſſel; it muſt ſtand ten or twelve Days before 'tis fit to bottle.

### *To make* Sage Wine.

BOIL twenty ſix Quarts of Spring Water a Quarter of an Hour, and when 'tis Blood warm put twenty five Pounds of *Malaga* Raiſins pick'd, rubb'd and ſhred into it, with almoſt half a Buſhel of red Sage ſhred, and a Porringer of Ale Yeaſt: Stir all well together, and let it ſtand in a Tub cover'd warm ſix or ſeven Days, ſtirring it once a Day, then ſtrain it off, and put it in a Runlet. Let it work three or four Days, ſtop it up; when it has ſtood ſix or ſeven Days, put in a Quart or two of *Malaga* Sack, and when 'tis fine bottle it.

### Birch Wine.

THE Seaſon for procuring the Liquor from the Birch-Trees, is in the Beginning of *March*, while the Sap is riſing, and before the Leaves ſhoot out; for when the Sap is become forward, and the Leaves begin to appear, the Juice

Juice by being long digeſted in the Bark, grows thick and coloured, which was before thin and clear.

The Method of procuring the Juice is by boring Holes in the Body of the Tree, and putting in Faucets, which are commonly made of the Branches of Elder, the Pith being taken out; you may without hurting your Tree, if large, tap it in ſeveral Places four or five at a Time, and by that Means ſave, from a good Store of Trees, many Gallons every Day.

If you do not uſe it immediately, which is the beſt Way, then in order to preſerve it in a good Condition for Brewing, and that it may not turn ſour, 'till you have got the Quantity you want, the Bottles in which it dripped from the Faucets, muſt be immediately well ſtopp'd, the Corks wax'd or roſin'd.

One Method of making it is this, to every Gallon of Birch Liquor, put a Quart of Honey, ſtir them well together; put in a few Cloves, and a little Lemon Peel, and let it boil for near an Hour, and ſcum it well continually as it riſes, then ſet it by till it is grown cool; then put in two or three Spoonfuls of new Ale Yeaſt to ſet it a working, and when the Yeaſt begins to ſettle, put it into a Runlet that will juſt hold it, and let it ſtand ſix Weeks or longer, if you pleaſe, and then bottle it, and it will be fit to drink in a Month. It will keep good a Year or two: If you have a Mind to uſe Sugar inſtead of Honey, put in two Pounds to a Gallon or more, if you would keep it long. This Wine is not only very wholeſome, but pleaſant: It is a moſt rich Cordial, good in curing Conſumptions, the Pthyſick, Spleen, and alſo ſuch inward Diſeaſes as accompany the Stone in the Bladder. And Dr. *Needham*

*ham* ſays, he has often cured the Scurvy with the Juice of Birch boiled with Honey and Wine. It is alſo good to abate Heat in a Fever.

### Birch Wine, *as made at* Tunbridge Wells *in* Kent.

WE take the Sap of Birch freſh drawn, boil it as long as any Scum riſes; to every Gallon of Liquor put four Pounds of good Sugar, and a little Lemon Peel; boil it afterwards half an Hour, and ſcum it very clean; when it is almoſt cold, ſet it a working with Yeaſt ſpread on a Toaſt; let it ſtand five or ſix Days in an open Veſſel, ſtirring it often; then take ſuch a Cask as the Liquor will be ſure to fill, and fire a large Match dipp'd in Brimſtone, and put it into the Cask and ſtop in the Smoak 'till the Match is extinguiſhed.

### Frontiniac Wine *imitated.*

BEFORE you put your Raiſin Wine into the Veſſel, add to it ſome of the Syrup of the White Frontiniac Grape, which we make in *England*, tho' the Seaſon is not favourable enough to ripen that Sort of Grape; for in a bad Year, when the White Frontiniac, or the Muſcadella Grapes are hard and unripe, and without Flavour, yet if you bake them they will take the rich Flavours which a good Share of Sun would have given them. You may either bake the Frontiniac Grapes with Sugar, or boil them to make a Syrup of their Juice, about a Quart of which Syrup will be enough to put to the Raiſin Wine. When theſe have work'd together, and ſtood a Time, you will have a Frontiniac Wine of as rich a Flavour as the *French*

*French* Sort, beſides the Pleaſure of knowing that all the Ingredients are wholeſome.

## Cyprus Wine *imitated.*

YOU muſt to nine Gallons of Water, put nine Quarts of the Juice of White Elder Berries, which has been preſſed gently from the Berries, with the Hand, and paſſed through a Sieve, without bruiſing the Kernels of the Berries: Add to every Gallon of Liquor three Pounds of *Lisbon* Sugar, and to the whole Quantity put an Ounce and a half of Ginger, ſliced, and three Quarters of an Ounce of Cloves; then boil this near an Hour, taking off the Scum as it riſes, and pour the whole to cool in an open Tub, and work it with Ale Yeaſt ſpread upon a Toaſt of White Bread for three Days, and then tun it into a Veſſel that will juſt hold it, adding about a Pound and a half of Raiſins of the Sun ſplit, to lye in Liquor 'till we draw it off, which ſhould not be 'till the Wine is fine, which you will find in *January*. This Wine is ſo much like the fine rich Wine brought from *Cyprus*, in its Colour and Flavour, that it has deciev'd the beſt Judges. Theſe Berries are ripe in *Auguſt*, and may be had at the *Ivy-Houſe* at *Hoxton.*

## *To make* Apricock Wine.

YOU muſt, to every Quart of Water put a Pound and a half of Apricocks, that are not over ripe; let them be wiped clean, and cut in Pieces; boil theſe 'till the Liquor is ſtrong of the Apricock Flavour, then ſtrain the Liquor thro' a Sieve, and put to every Quart four or five Ounces of White Sugar, boil it again, and ſcum it as it riſes,

and

and when the Scum riſes no more, pour it into an earthen Pot; The Day following bottle it, putting into every Bottle a Lump of Loaf Sugar, as big as a Nutmeg. This will preſently be fit for drinking; is a very pleaſant Liquor, but will not keep long.

### *To make* Quince Wine.

GAther your Quinces when they are dry, and wipe them very clean, with a coarſe Cloth, then grate them with a coarſe Grater or a Raſp, as near the Core as you can; but grate in none of the Core, nor the hard Part of it; then ſtrain your grated Quinces into an earthen Pot, and to each Gallon of Liquor put two Pounds of fine Loaf Sugar, and ſtir it 'till your Sugar is diſſolved; then cover it cloſe, and let it ſtand twenty four Hours, by which time it will be fit enough to bottle, taking Care in the bottling of it that none of the Settlement go into the Bottles. This will keep good about a Year: Obſerve that your Quinces muſt be very ripe when you gather them for this Uſe.

### *To make* Cowſlip Wine.

WE take ſix Gallons of Water, twelve Pounds of Sugar, four Whites of Eggs; beat the Eggs very well and put them in the Water and Sugar, then put it on the Fire, in a Kettle, and let it boil three Quarters of an Hour, take the Scum off all the Time it boils, and when it's cold take a Peck of pick'd Cowſlips, bruiſe them a little and put them in, then make a good brown Toaſt and ſpread it on both Sides with good Ale Yeaſt, and put it in with the Cowſlips; let it ſtand two or three Days to work. The Night before you ſtrain it off, put in two Lemons, a Quart

Quart of Rheniſh Wine, and ſix Ounces of Syrup of Citrons, then cover it cloſe; the next Day ſtrain it off thro' a Strainer, ſqueezing the Cowſlips as hard as poſſible, then ſtrain it through a Flannel Bag, and put it in your Veſſel; when it has done working, ſtop it cloſe for a Fortnight, or three Weeks, then bottle it off.

## Damſin Wine.

HAving provided four Gallons of Water, put to every Gallon, four Pounds of *Malaga* Raiſins, and half a Peck of Damſins, in a Veſſel without a Head, which being cover'd, they are to ſteep ſix Days; ſtir them twice every Day, and let them ſtand as long without ſtirring: Then draw off your Wine, colour it with the infus'd Juice of Damſins ſweeten'd with Sugar, and turn it into a Wine Veſſel for a Fortnight, in order to be made fine, and afterwards diſpos'd of in Bottles.

## Rasberry Wine.

RIPE Rasberries being bruiſed with the Back of a Spoon, ſtrain them and fill a Bottle with the Juice; ſtop it, but not very cloſe, and ſet it by for four or five Days: Then pour it off from the Dregs, and add thereto as much Rheniſh, or White Wine, as the Juice will well colour; that done, ſweeten your Wine with Loaf Sugar, and bottle it up for Uſe.

## Gilliflower Wine.

TO three Gallons of Water put ſix Pounds of the beſt Powder Sugar, boil the Sugar and Water together for the Space of half an Hour, keep ſcumming it as

the Scum riſes; let it ſtand to cool, beat up three Ounces of Syrup of Betony, with a large Spoonful of Ale Yeaſt, put it into the Liquor and brew it well together; then having a Peck of Gilliflowers, cut from the Stalks, put them into the Liquor, let them infuſe and work together three Days, covered with a Cloth; ſtrain it and put it into a Cask, and let it ſettle for three or four Weeks, then bottle it.

## *Of* CORDIALS *for the Cloſet.*

### Roſa Solis.

TAKE Roſa Solis, clean pick'd, four Handfuls, Nutmegs, Carraway and Coriander Seeds, Mace, Cloves Cinnamon, each half an Ounce; Ginger, Cardemums, Zedoary, Calamus, Aromaticus, each a Dram and a half; Cubebs, yellow Sanders, each half a Dram; red Sanders an Ounce, Liquorice two Ounces, red Roſe Leaves dry'd, a Handful; beſt Brandy a Gallon; infuſe for ſome Days, and ſtrain off the clear Liquor, in which diſſolve White Sugar 12 Ounces.

### *Another.*

YOU muſt take Roſa Solis cleanſed, four Handfuls, Cinnamon, Nutmegs, Carraway and Coriander Seeds, each one Ounce; Cloves, Mace, Ginger, each three Drams; Cardemums, Cubebs, Zedoary, Calamus, Aromaticus, each a Dram, red Roſes, dry'd an Ounce, Liquorice two Ounces, Raiſins ſton'd half a Pound, Cochineal, Saffron, each one Dram, beſt Brandy one Gallon; infuſe for eight Days, and ſtrain, to which add Loaf Sugar twelve Ounces.

*Dr.*

## Dr. Stephens's Water.

YOU muſt take wild Cammomile, Lavender, wild Marjoram, Mint, Pellitory of the Wall, Thyme, red Roſes, Roſemary, and Sage, each two Handfuls; Aniſeeds, Fennel Seeds, Cinnamon, Galangal, Ginger, Grains of Paradice and Nutmeg, of each ſix Drams; bruiſe all theſe Ingredients and put them into two Gallons of Canary or Claret; let them infuſe for 24 Hours, and then diſtil them off gently, the firſt and ſecond Runnings each by itſelf. Broken Leaf Gold is commonly put in this.

## Aqua Mirabilis.

YOU muſt take Cloves, Mace, Nutmegs, Cinnamon, Cardemum, Cubebs, Galangals, and Melliot Flowers, of each two Ounces, Cowſlip Flowers, Roſemary Flowers, and Spear Mint, of each four Handfuls, a Gallon of the Juice of Celendine, a Gallon of Brandy, a Gallon of Canary, and a Gallon of White Wine; infuſe them for 12 Hours, and diſtil them off in a gentle Sand Heat.

## Clary Water.

HAving a Quart of Borage Water, put it in an earthen Jug, and fill it with two or three Quarts of Clary Flowers freſh gather'd; let it infuſe an Hour over the Fire in a Kettle of Water, then take out the Flowers, and put in as many freſh Flowers, and ſo do for ſix or ſeven Times together; then add to that Water two Quarts of the beſt Sack, and a Gallon of freſh Flowers, and two Pounds of White Sugar Candy, beaten ſmall, and diſtil all off in a cold

Still; mix all the Water together when 'tis ſtilled, and ſweeten it to your Taſte with the fineſt Sugar: Cork the Bottles well, and keep it cool.

### Citron Water.

WE take freſh Lemon Peels, number thirty, Figs fourteen Pounds, Proof Spirits three Gallons, Water as much as is neceſſary: Infuſe and diſtil, make it up high Proof, and dulcify with double refin'd Sugar, two Pounds and a half for Uſe.

### *Another.*

GET beſt Lemon Peel bruiſed, eighteen Ounces, Orange Peel nine Ounces, Nutmegs bruiſed, one Quarter of a Pound, ſtrong Proof Spirits three Gallons, Water two Gallons; macerate, diſtil and dulcify with double refin'd Loaf Sugar, two Pounds for Uſe.

### Ratifia.

GET three Gallons of Moloſſus Brandy, Nuts two Ounces and an half, bitter Almonds one Pound and a half; bruiſe them, and infuſe them in the Brandy, adding Ambergreaſe three Grains, mixed with fine *Liſbon* Sugar three Pounds; infuſe all for ſeven or eight Days Space and then ſtrain off for Uſe.

### Orange Flower Brandy.

YOU muſt take a Gallon of *French* Brandy, and put it in a Bottle that will hold it, then boil a Pound of Orange Flowers, a little while, and put them to the Brandy, ſave the Water, and with that make a Syrup to ſweeten it.

Plague

## Plague Water.

WE take Rue, Rosemary, Balm, Carduus, Scordium, Marigold Flowers, Dragons, Goats Rue, Mint, each three Handfuls, Roots of Master-Wort, Angelica, Butter-Bur, Piony, each six Ounces, Scorzonera three Ounces, Proof Spirits three Gallons: Macerate, distil, and make it up high Proof.

## *Another.*

GET Roots of Master-Wort, Gentian, Snake Root, each two Ounces; green Walnuts bruised 24, *Venice* Treacle and Mithridate, each one Ounce, Camphire two Drachms, Rue, Elecampane Root, each one Ounce, Horehound two Ounces, Saffron a Drachm, Proof Spirits three Gallons, Water *q. s.* distil, and sweeten with White Sugar one Pound and a half for Use. *Note*, That the Saffron is best added after Distillation.

## Epedemick *or* Plague Water.

WE take Dragons, Rosemary, Wormwood, Sage, Scordium, Mugwort, Scabius, Balm, Carduus, Tormentil with Roots, Angelica with Roots, Marigold Flowers, Century, Betony, Pimpinel, Celadine, Rue, Agrimony, each half a Pound; Gentian, Zedoary, Liquorice, Elecampane, each four Ounces: Slice the Ingredients and infuse them in three Gallons of Molossus Spirits; then add Spring Water two Gallons; distil, and dulcify with fine Sugar one Pound.

Here are three Prescriptions for compounding Plague Water, of which you may take your Choice. They are com-

compounded of noble and generous Alexipharmicks, and are each profitable to be taken as a Preservative against all pestilential, malign, or other contagious Distempers: And also an Antidote to expel the Malignity from the Heart, and force it towards the Circumference, there to be discharged by a gentle Diaphoresis: And this they effect by the Subtilty and Tenuity of their Substance, whereby they divide and attenuate their Humours, so as to render them fine enough to pass thro' the cutaneous Glands, by a sensible Perspiration, which appears upon the Cuticle in Form of Dew, or gentle Sweat. And to this necessary Work we may well suppose the Nerves lend their helping Hand; for they being now invigorated by a fresh Influx of animal Spirits, communicated to them by these generous Cordials or Alexipharmicks, and their Waste repaired by this timely Auxilliary, are enabled more forcibly to contract their Fibres, and so to squeeze out of the Capillaries, those Humours which obstructed the Perspiration, or so to divide them by such Shocks and Impulses of the contracting Fibres, that becoming thereby more fluxile they may readily pass out that Way, which Nature endeavours for their Excretion; which commonly terminates the Distemper by this critical Evacuation.

## Surfeit Water.

GET a Peck of red Corn Poppies, put them in a large Dish, cover them with another, and set it in an Oven several Times after Houshould Bread is drawn; put them into a Quart of *Aqua Vitæ*, with a large Nutmeg, and a Race of Ginger sliced, a small Stick of Cinnamon, a Blade of Mace, three or four Figs, four Ounces of Raisins

fons of the fame, fried Annifeeds, Cardamum and Fennel Seeds of each half a Drachm beaten; of Liquorice ſliced half an Ounce, lay ſome Poppies in the Bottom of a broad Glaſs Body, then lay a Layer of the other Ingredients, and then another Layer of Poppies, and ſo continue 'till the Glaſs is full, then pour in the *Aqua Vitæ*, and cover it cloſe, and let it infuſe 'till the Liquor is very red with the Poppies, and ſtrong of the Spice: Of this you may take two or three Spoonfuls at a Time, and when it grows low you may pour another Quart of *Aqua Vitæ* to the Ingredients. You may make double the Quantity, by doubling the Ingredients, and ſo any Quantity in Proportion.

## Cinnamon Water.

GET choice Cinnamon bruiſed 12 Ounces, Proof Moloſſus, Spirits rectified, three Gallons; Water one Gallon and a half; macerate them 24 Hours, and then diſtil and draw off your Spirits, and dulcify with Loaf Sugar two Pounds and a half, and make it up full Proof.

There is another Receipt for making beſt Cinnamon Water, which is by an Addition of Nutmegs to the Compoſition, and with a much larger Quantity of Cinnamon, which we ſhall here give you.

Take beſt Cinnamon bruiſed a Pound, Nutmeg bruiſed an Ounce, Bay Salt four Ounces, ſtrong rectify'd Proof Spirits three Gallons, River Water a Gallon and a half; Macerate and draw off as above directed, and dulcify the ſame with the beſt Loaf Sugar two Pounds twelve Ounces, and make them up high Proof for Uſe.

Royal

### Royal Uſquebaugh *by Infuſion.*

YOU muſt take Raiſins ſtoned two Pounds, Figs ſliced half a Pound, Cinnamon two Ounces and a half, Nutmegs one Ounce, Cloves half an Ounce, Mace half an Ounce, Liquorice three Ounces, Saffron half an Ounce; bruiſe the Spices, ſlice the Liquorice, *&c.* and pull the Saffron in Pieces, and infuſe them all in a Gallon of the beſt Brandy for ſeven or eight Days, 'till the whole Virtue be extracted from them; then filter them, putting thereto a Quart of Canary Wine, and half a Dram of Eſſence of Ambergreaſe, and 12 Leaves of Gold broken in Pieces, which reſerve for Uſe.

### *To make* Iriſh Uſquebaugh.

WE take to every Gallon of *French* Brandy one Ounce of Liquorice ſliced, one Ounce of ſweet Fennel Seeds, one Ounce of Anniſeeds, one Pound of Raiſins of the Sun, ſplit and ſtoned, a Quarter of a Pound of Figs ſplit, two Drachms of Coriander Seeds; let theſe infuſe about eight or nine Days, and pour the Liquor clear off, then add half an Ounce of Saffron in a Bag for a Day or two, and when that is out, put in a Drachm of Muſk. If, when this Compoſition is made, it ſeems to be too high a Cordial for the Stomach, put to it more Brandy, 'till you reduce it to the Temper you like. This is the ſame Receipt King WILLIAM had when he was in *Ireland*.

### *To make* Green Uſquebaugh.

WE take to every Gallon of *French* Brandy one Ounce of Anniſeeds, and another of Sweet Fennel Seeds

Seeds, two Drachms of Coriander Seeds. Let theſe infuſe nine Days, then take of the Spirit of Saffron one Drachms diſtill'd from Spirits of Wine; mix with the reſt; infuſe, during this Time, ſome Liquorice ſliced in Spirits, one Pound of Raiſins of the Sun, and filter it; put then a Quart of pure White Wine to a Gallon of the Liquor, and when all is mix'd together, take the Juice of Spinach boil'd, enough to colour it, but do not put the Spinach, Juice into the Liquor 'till it is cold. To this put one Pound of White Sugar Candy, finely powder'd, to a Gallon of Liquor.

## *To make* Viſney.

THIS Viſney is made of pure Brandy, and as many Morello Cherries as will fill the Bottles or Casks, with one Ounce of Loaf Sugar to each full Quart; theſe Veſſels or Bottles muſt be gently ſtopp'd when the Cherries are put in, and ſtand in a cool Cellar, for two Months before the Liquor is poured from them, and then the Liquor may be put in ſmall Bottles for uſe: It is not very ſtrong, but very pleaſant. The Cherries, when they are taken out, may be diſtill'd, and will yield a fine Spirit.

In ſome Places, where there are Laurels grow wild, without cutting or pruning, I mean the *Lauro Cerafus*, as we find in many old Gardens, that Plant is apt to bear Berries, which in reality are Cherries, from whence it has its Name: Theſe Berries, or Cherries are ripe about *July*, and make a fine Cordial, if we infuſe them in Brandy, for two or three Months with a little Sugar; this will have a Flavour of Apricock Kernels, and be of a rich red Colour.

## *A philoſophical Account of brewing ſtrong* OCTOBER BEER.

CARE, in the firſt Place, muſt be taken that the Malt be very clean, and when it is ground, it ſhould ſtand four and twenty Hours at leaſt in the Sacks.

The Quantity is five Quarters of Malt to three Hogſheads of Beer, and eighteen Pounds of Hops, unleſs the Malt be pale dried, then there muſt be added three or four Pounds more.

The Choice of Liquor for brewing is of conſiderable Advantage, the ſofteſt and cleaneſt Water is the beſt.

You are to boil your firſt Liquor, adding a Handful or two of Hops to it, then before you ſtrike it over to your Goods or Malt, cool it in as much Liquor as will bring it to a Temper, not to ſcald the Malt; for it is a Fault not to take the Liquor as high as poſſible, but not to ſcald.

The next Liquors do the ſame.

And, indeed, all your Liquors ought to be taken as high as may be, that is, not to ſcald.

When you let your Wort from your Malt into the Under-Back, put to it a Handful or two of Hops, 'twill preſerve it from that Accident which Brewers call, Blinking or Foxing.

In boiling your Worts, the firſt Wort boil high or quick, for the quicker the Wort is boiled the better it is.

The Second boil more than the Firſt, and the Third or laſt more than the Second.

In cooling, lay your Worts thin, and let each be well cooled, and Care muſt be taken in letting them down into the Tun, that you do it leiſurely, to the End, that as little

of

of the Fœces, or Sediment, as poſſible, may paſs with it, which cauſes the Fermentation to be fierce or mild, for,

*Note*, There is in all fermented Liquors Salt and Sulphur, and to keep theſe two Bodies in a due Proportion, that the Salt does not exalt itſelf above the Sulphur, conſiſts a great Part of the Art in Brewing.

When your Wort is firſt let into your Tun, put but a little Yeaſt to it, and let it work by Degrees quietly, and if you find it works but moderate, whip in the Yeaſt two or three Times or more, 'till you find your Drink well fermented, for without a full Opening of the Body by Fermentation, it will not be perfectly fine, nor will it drink clean or light.

When you cleanſe, do it by a Cock from your Tun, placed ſix Inches from the Bottom, to the End, that moſt of the Sediment may be left behind, which may be thrown on your Malt to mend your Small-Beer.

When your Drink is tunn'd, fill your Veſſel full, let it work at the Bung-hole, and have a Reſerve in a ſmall Cask to fill it up, and don't put any of the Drink, which will be under the Yeaſt after it is worked over, into your Veſſels, but put it by itſelf in another Cask; for it will not be ſo good as your other in the Cask.

This done, you muſt wait for the finiſhing the Fermentation, then ſtop it cloſe, and let it ſtand 'till the *Spring*, for Brewing ought to be done in the Month of *October*, that it may have Time to ſettle and digeſt all the Winter Seaſon.

In the *Spring* you muſt unſtop your Vent-hole, and thereby ſee whether your Drink doth ferment or not, for as ſoon as the warm Weather comes, your Drink will have

another Fermentation, which when it is over, let it be again well ſtopped and ſtand till *September*, or longer, and then peg it if you find it pretty fine, the Hop well rotted, and of a good pleaſant Taſte for drinking.

Then, and not before, draw out a Gallon of it, put to it two Ounces of Iſing-glaſs, cut ſmall and beaten, to melt, ſtirring it often, and whip it with a Wisk till the Iſing-glaſs be melted, then ſtrain it and put it into your Veſſel, ſtirring it well together; ſtop the Bung ſlightly, for this will cauſe a new and ſmall Fermentation; when that is over ſtop it cloſe, leaving only a Vent-hole a little ſtopped, let it ſtand, and in ten Days or a little more, it will be tranſparently fine, and you may drink of it out of the Veſſel till two Parts in three be drawn, then bottle the reſt, which will, in a little Time, come to drink very well.

If your Drink, in *September*, be well conditioned for Taſte, but not fine, and you deſire to drink it preſently, rack it before you put your Iſingglaſs to it; and then it will fine the better, and drink the cleaner.

To make Drink fine quickly, there is a Way, by ſeparating the Liquor from the Fœces, when the Wort is let out of the Tun into the Under-Back, which may be done in this Manner; When you let your Wort into your Under-Back out of your Tun, catch the Wort in ſome Tub ſo long, and ſo often as you find it run foul, put that ſo catched on the Malt again, and do ſo till the Wort run clear into the Underback. This ſeems a good Method where it can be uſed, for it is the Fœces which cauſe the fierce and violent Fermentation; to hinder which, in ſome Meaſure, the Way to have fine Drink.

*Note,*

*Note*, That the finer you make your Wort, the ſooner your Drink will be fine. Some Perſons, curious in Brewing, have cauſed Flannels to be placed, that all the Wort may run thro' one or more of them into the Tun before working, by which Means the Drink has been made very fine and well taſted.

*Of cleaning and ſweetning Caſks.*

IF your Cask is a But, then, with cold Water, firſt rinſe out the Lees clean, and have ready, boiling or very hot Water, which put in, and with a long Stale, and a little Birch faſtened to its End, ſcrub the Bottom as well as you can: At the ſame time let there be provided another ſhorter Broom of about a Foot and a Half long, that with one Hand may be ſo employed in the upper and other Parts as to clean the Cask well: So in a Hogshead or other ſmaller Veſſel, the one handed ſhort Broom may be uſed with Water, or with Water and Sand, or Aſhes, and be effectally cleans'd; the Outſide of the Cask about the Bung-hole ſhould be well waſh'd, left the Yeaſt, as it works over, carries ſome of its Filth with it.

But to ſweeten a Barrel, Kilderkin, Firkin or Pin in the great Brewhouſes, they put them over the Copper hole for a Night together, that the Steam of the boiling Water or Wort may penetrate into the Wood; this way is ſuch a furious Searcher, that unleſs the Cask is new hooped juſt before, it will be apt to fall in Pieces.

*Another Way.*

WE take a Pottle, or more, of Stone Lime, and put it into the Cask; on this pour ſome Water and ſtop it up directly, ſhaking it well about.

*Ano-*

*Another Way.*

YOU muſt take a long Linnen Bag and dip it in melted Brimſtone, light it at the End, and let it hang pendant with the upper Part of the Rag faſten'd to the Wooden-Bung; this is a moſt quick ſure Way, and will not only ſweeten, but help to fine the Drink.

*Another Way.*

OR to make your Cask more pleaſant, you may uſe the Vintners Way thus: Take four Ounces of Stone Brimſtone; one Ounce of burnt Allum, and two Ounces of Brandy; melt all theſe in an earthen Pan over hot Coals, and dip therein a Piece of new Canvaſs, and inſtantly ſprinkle thereon the Powders of Nutmegs, Cloves, Coriander and Anniſeeds: This Canvaſs ſet on Fire, and let it burn hanging in the Cask faſtened at the End with the Wooden Bung ſo that no Smoak comes out.

*For a Muſky Cask.*

BOIL ſome Pepper in Water, and fill the Cask with it ſcalding hot.

*For a very ſtinking Veſſel.*

THE laſt Remedy is the Cooper's taking out one of the Heads of the Cask to ſcrape the Inſide, or new ſhave the Staves, and is the ſureſt Way of all others, if it is fired afterwards within-ſide a ſmall Matter, as the Cooper knows how.

Theſe ſeveral Methods may be made uſe of at Diſcretion and will be of great Service where they are wanted. The ſooner

ſooner alſo a Remedy is applied the better, elſe the Taint commonly increaſes, as many have, to their Prejudice, proved, who have made uſe of ſuch Casks, in Hopes the next Beer will over-come it; but when once a Cask is infected it will be a long while, if ever, before it comes ſweet if no Art is uſed. Many therefore of the careful Sort, in caſe they han't a Convenience to fill their Veſſel as ſoon as it is empty, will ſtop it cloſe, to prevent the Air and preſerve the Lees found, which will greatly tend to the keeping of the Cask pure and ſweet againſt the next Occaſion.

*To prepare a new Veſſel to keep Malt Liquors in.*

A New Veſſel is moſt improperly uſed by ſome ignorant People for ſtrong Drink after only once or twice ſcalding with Water, which is ſo wrong, that ſuch Beer or Ale will not fail of taſting thereof for half, if not a whole Year afterwards; ſuch is the Tang of the Oak and its Bark as may be obſerved from the ſtrong Scents of Tan-Yards, which the Bark is one Cauſe of. To prevent then this Inconvenience, when your Brewing is over put up ſome Water ſcalding hot, and let it run thro' the Grains, then boil it and fill up the Cask, ſtop it well and let it ſtand 'till it is cold, do this twice, then take the Grounds of ſtrong Drink and boil in it green Walnut Leaves and new Hay or Wheat Straw, and put all into the Caſk, let it be full and ſtop it cloſe: After this, uſe it for Small Beer half a Year together, and then it will be thoroughly ſweet and fit for Strong Drinks; or

*Another Way.*

HAving a new Cask, dig a Hole in the Ground, in which it may lie half depth with the Bung downwards; let it remain a Week, and it will greatly help this or any other ſtinking muſty Cask.

Wine Casks.

THESE, in my Opinion, are cheapeſt of all others to furniſh a Perſon readily with, as being many of them good Casks for Malt Liquors, becauſe the Sack and White Wine Sorts are always ſeaſon'd to Hand, and will greatly improve Beers and Ales that are put in them: But beware of the Rheniſh Wine Cask for ſtrong Drinks; for its Wood is ſo tinctured with this ſharp Wine, that it will hardly ever be free of it, and therefore ſuch Casks are beſt uſed for Small Beer: The Claret Cask will a great deal ſooner be brought into a ſerviceable State for holding Strong Drink, if it is two or three Times ſcalded with Grounds of Barrels, and afterwards uſed for Small Beer ſome Time. I have bought a But or Pipe for eight Shillings in *London* with ſome Iron Hoops on it, a Hogſhead for the ſame, and the half Hogſhead for five Shillings, the Carriage for a But by the Waggon thirty Miles, is two Shillings and Six-pence, and the Hogſhead Eighteen-pence: But to cure a Claret Cask of its Colour and Taſte, put a Peck of Stone Lime into a Hogſhead, and pour upon it three Pails of Water; bung immediately with a Wood or Cork Bung, and ſhake it well about a Quarter of an Hour, and let it ſtand a Day and Night, and it will bring off the red Colour, and alter the Taſte of the Cask very much.

## *To make* Mead.

TO thirteen Gallons of Water put thirty Pounds of Honey; boil and ſcum it well, then take Roſemary, Thyme, Bay Leaves and Sweet Briar, one Handful altogether; boil it an Hour, then put it into a Tub with two or three good Handfuls of ground Malt; ſtir it 'till 'tis but Blood warm; then ſtrain it through a Cloth, and put it into a Tub again; cut a Toaſt round a Quartern Loaf, and ſpread it over with good Ale Yeaſt, and put it into your Tub; and when the Liquor is quite over with the Yeaſt, put it up in your Veſſel; then take Cloves, Mace, Nutmegs an Ounce and a half, of Ginger an Ounce ſliced, bruiſe the Spice, and tie it all up in a Rag, and hang it in the Veſſel; ſtop it up cloſe for uſe.

## *To make ſmall* White Mead.

GET ſix Gallons of Spring Water, and having made it hot, diſſolve in it ſix Quarts of Honey, and two Pounds of Loaf-Sugar, boil it for half an Hour, and keep ſcumming it as long as any is boiling; pour it out into a Veſſel and ſqueeze in the Juice of eight Lemons, and the Rinds of no more than four, about forty Cloves, four Races of Ginger, a Sprig or two of Sweet Briar and of Roſemary: And after it has ſtood in the Veſſel 'till it is no more than Blood warm, ſpread five or ſix Spoonfuls of Ale Yeaſt upon a good brown Toaſt, and put it in. But it up into a Cask fit for it, and after it has ſtood five or ſix Days, you may bottle it.

## White Metheglin.

YOU muſt take Sweet Marjoram, Sweet Briar Buds, Strawberry Leaves and Violets, of each two Handfuls, of double Violets (if they are to be had) broad Thyme, Borage and Agrimony, of each two Handfuls, ſix or eight Tops of Roſemary, the Seeds of Carraways, Coriander and Fennel, of each four Spoonfuls, and ſix or eight large Blades of Mace. Boil all theſe Ingredients in ſixteen Gallons of Water for three Quarters of an Hour or better, ſcum and ſtrain the Liquor, and having ſtood 'till it is luke-warm, put to it as much of the beſt Honey as will make it bear an Egg the Breadth of a Six-pence above the Water; then boil it again as long as any Scum will riſe, and ſet it to cool; when it is almoſt cold, put in a Pint of new Ale Yeaſt; and when it has worked 'till you perceive the Yeaſt to fall, turn it up and ſuffer it to work in the Cask; 'till the Yeaſt has done riſing fill it up every Day with ſome of the ſame Liquor, ſtopping it up. Put into a Bag a couple of Nutmegs ſliced, a few Cloves, Mace and Cinnamon, all unbruiſed, and a Grain or two of Musk.

## Metheglin.

WE take live Honey, which naturally runs from the Combs (that from Swarms of the ſame Year is beſt), and put ſo much of it into clear Spring Water, as both together will make up above twenty Gallons; being made ſo ſtrong with the Honey, when thoroughly diſſolved, that an Egg will not ſink to the Bottom, but ſwim up and down in it; then boil this Liquor in a Copper Veſſel (or if you have not that, a Braſs one may ſerve) for about an Hour or more

more, and by that Time the Egg will ſwim above the Liquor about the Breadth of a Groat, then let it cool. The next Morning you may barrel it up, putting in an Ounce of Cinnamon, of Cloves and Mace, each an Ounce and a Quarter, all groſly pounded; for if it be beat fine, it will always float in the Metheglin and make it foul, and if the Spices be put in while it is hot they will loſe their Spirits. Put in a ſmall Spoonful of Yeaſt at the Bung-hole to augment its working, but it muſt not be left to ſtand too cold at firſt, for that would hinder its Fermentation. As ſoon as it has done working, it muſt be ſtopp'd up cloſe, and let ſtand for a Month and then boiled off, and if then ſet into a Refrigeratory, it will be a moſt pleaſant vinous Liquor, and the longer it is kept the better it will be.

You may judge of its Strength by the floating of the Egg, and it may be made ſtronger or ſmaller, at Pleaſure, by adding more Honey or more Water; and the more it is boiled, the more pleaſant and more durable it will be.

It is not neceſſary to ſcum the Metheglin while it is boiling, for the Scum being left behind, will help its Fermentation, and afterwards render it the clearer, it being commonly believed that it unites again.

## *To make* Cyder.

HAving Apples ſo throroughly ripe that they will eaſily fall by ſhaking the Tree; the Apples proper are Pippins, Pomewaters, Harveys or other Apples of a Watery Juice; either grind or pound them, and ſqueeze them in a Hair-bag; put the Juice up into a ſeaſoned Cask.

The Cask is to be ſeaſoned with a Rag dipp'd in Brimſtone ty'd to the End of a Stick, and put it in burning into

the Bung-hole of the Cask, and when the Smoak is gone, waſh it with a little warm Liquor, that has run thro' a ſecond ſtraining of the Mure or Husk of the Apples.

Put into the Cask, when the Cyder is in, a Bit of Paſte made of Flower, and ty'd up in a thin Rag; let it ſtand for a Week, and then draw it off from the Lees into another ſeaſon'd Cask.

Some adviſe to put three or four Pounds of Raiſins into a Hogſhead, and two Pounds of Sugar to make it work the better.

## *To make* Royal Cyder.

WHEN the Cyder is fine and paſt its Fermentation, but not ſtale, put to each Gallon of Cyder a Pint and a half of Brandy, or Spirits drawn off from Cyder, and alſo half a Pint of Cyder Sweets to every Gallon of Cyder, more or leſs, according to the Tartneſs or Harſhneſs of the Cyder. The Spirits and Sweets muſt be mix'd together, and mix'd with an equal Quantity of the Cyder, and then they are to be put into the Cask of Cyder, and all ſtirr'd together with a Stick at the Bung-hole for a Quarter of an Hour, and the Bung-hole muſt be well ſtopp'd down, and the Cask rolled about ten or twelve Times to mix them well together. Let it ſtand for three or four Months, and you may either drink it or bottle it.

## *To recover any* Cyder *that is decay'd, although it be quite ſour.*

FROM a Hogſhead of pale ſour Cyder draw out as much as by boiling with ſix Pounds of Brown Sugar Candy will make a perfect Syrup. Let the Syrup ſtand 'till it

it is thoroughly cold, pour it into the Hogſhead and ſtop it up cloſe. This will raiſe a Fermentation, but not a violent one. There muſt be room in the Veſſel for the Cyder to work, and in a few Days it will be fit to drink.

### *To make Cyderkin, or Water Cyder.*

AFTER paring half a Buſhel of Apples, core them and boil them in a Barrel of Water, 'till a third Part is conſumed, ſtrain it and put the Liquor to a Buſhel or more of ground or ſtamp'd Apples unboiled; let them ſtand to digeſt for twenty four Hours, preſs out the Liquor and put it into Casks, let it ferment, then ſtop it up cloſe, but give it Vent frequently, that it may not burſt the Cask, and when it has ſtood 'till it is fine, you may either drink or bottle it.

## *M U M.*

### *The Receipt for making it according as it is recorded in the Town-Houſe of* BRUNSWICK.

TAKE ſixty three Gallons of Water that has been boiled to the Conſumption of a third Part; brew it according to Art with ſeven Buſhels of Wheat Malt, one Buſhel of Oatmeal, and one Buſhel of ground Beans. When it is tunned, let not the Hogſhead be too full at firſt, and as ſoon as it begins to work, put into it of the inner Rind of Fir three Pounds, Tops of Fir and Birch one Pound, *Carduus Benedictus* three Handfuls, Flowers of *Roſa Solis*, a Handful or two, Burnet, Betony, Marjoram Avens, Penny-royal, wild Thyme, of each a Handful and a half; of Elder Flowers two Handfuls or more, Seeds of Cardamum bruiſed three Ounces, Barberries bruiſed one

Ounce.

Ounce. Put the Herbs and Seeds into the Veſſel when the Liquor has wrought a while; and after they are added, let the Liquor work over the Veſſel as little as may be. Fill it up at laſt, and when it is ſtopp'd, put into the Hogſhead ten new-laid Eggs unbroken or crack'd. Stop it up cloſe, and drink it at two Years End.

*Engliſh* Brewers uſe Cardamum, Ginger and Saſſafras, inſtead of the inner Rind of Fir; alſo the Rinds of Walnuts, Madder, red Sanders and Elecampane. Some make it of ſtrong Beer and Spruce Beer, and where it is deſigned chiefly for its Phyſical Virtues, ſome add Water Creſſes, Brook-lime and wild Parſley, with ſix Handfuls of Horſe Radiſh raſp'd to every Hogſhead, according to their particular Inclination or Fancy.

## Orgeatt.

TAKE two Ounces of Melon Seeds, half an Ounce of Pompion Seeds and half an Ounce of *Jordan* Almonds, blanched with ſix or ſeven bitter Almonds: Beat the whole Compound in a Mortar, and reduce it to a Paſte, ſo as to leave no Clods, ſprinkling the ſame now and then, with five or ſix Drops of Orange Flower Water, to hinder it from turning to Oil: When your Seeds and Almonds are thoroughly ſtamped, add thereto half a Pound of Sugar, which is to be likewiſe well pounded with your Paſte. Then ſlip the ſaid Paſte into two Quarts of Water, and let it ſteep therein. Afterwards, put in about a Spoonful of Orange Flower Water, and paſs the Liquor thro' a Straining-Bag, preſſing the groſs Subſtance very hard, ſo as nothing may be left therein; you may alſo pour in a Glaſs of new Milk.

Laſtly,

Laſtly, turn your Liquor into two Bottles and ſet it by to cool.

## *To make* Sherbet

HAving provided Calves Feet with Part of a Fillet of Veal, clear'd from the Fat, put them into a Pot, with a proportionable Quantity of Water and White Wine, let them boil for a conſiderable Time, and take off the Scum carefully: When your Meat comes to Rags, and there is only left a third Part of the Broth, ſtrain it thro' a Cloth, and skim off all the Fat with two or three Feathers. Afterwards turn the whole Meſs into a Pan, with a Stick of Cinnamon, two or three Cloves, a little Lemon Peel, and as much Sugar as will ſerve to make it a pleaſant Liquor. Let all boil together; clarify it with the White of an Egg whipp'd, and paſs it thro' the Straining-Bag. When this Liquor is to be kept for a long Time, it is requiſite to allow two Pounds of Sugar for every Quart of Broth, or Juice of Meat, obſerving for the reſt, the former Directions: But at laſt the Liquor is to be boiled to its pearled Degree, and put into Bottles.

## Roſade.

THIS Liquor is made of pounded Almonds and Milk, to which is added clarify'd Sugar: But it will not keep very long, becauſe it's apt to grow greaſy, and as it were ſo unctuous that it becomes very diſagreeable to the Palate.

COS-

## *COSMETICKS*, &c.

### *To make* Pomatum.

GET two Ounces of Oil of bitter Almonds, almoſt two Drams of White Wax, ſlice it very thin, put it into a Gallipot; put the Gallipot into a Skillet of boiling Water, and then put in four Drams of *Sperma Ceti*, and as ſoon as you have ſtirred it together, then put in the Oil of Almonds, then take it off the Fire and out of the hot Water, and keep ſtirring it 'till it is cold, with a Knife made of Bone; afterwards beat it up in Roſe Water 'till it is white: Let it be kept in Water, and the Water be changed once a Day.

### *To take off* Freckles.

FIRST gather *May* Dew off from the Corn, then to four Spoonfuls of it add one Spoonful of Oil of Tartar newly drawn; mix them well together, waſh the Face often with it, and do not wipe it, but let it dry of itſelf. When *May* Dew cannot be had, Bean Flower Water, or Elder Flower Water will do very well.

### *For a* pimpled Face.

HAving Roche Allum, common Salt, and live Brimſtone, of each half an Ounce, of White Sugar Candy and *Sperma Ceti*, of each one Dram, pound them and ſift them fine, put them into a Pint Bottle, add White Lilly Water and Spring Water, of each an Ounce and a half, and a Quarter of a Pint of Brandy, ſhake them well together, and ſet them by for Uſe. When you go to Bed bathe

bathe the Face well with this Waſh, ſhaking the Bottle, lay a Linnen Rag dipped in it over the Face, and in a Week or Fortnight at moſt it will perfectly cure.

### *To make a* Paſte *for the* Hands.

FIRST take half a Pound of Bitter Almonds, then blanch and pound them, and as you are pounding them, put in a Handful of ſton'd Raiſins, and pound them together 'till the Meſs is well incorporated and very fine; then add a Spoonful or two of Brandy, the ſame Quantity of Ox Gall, and two Spoonfuls of Brown Sugar, and the Yolks of a Couple of ſmall Eggs, or of one large one; after theſe have been all beaten well together, except the Almonds, let it have two or three Boils over the Fire, put in the Almonds. Put it up in a Gallipot, the next Day cover it cloſe, keep it cool, and it will keep good half a Year.

### *To make an excellent* Lip Salve.

FIRST take half a Pint of Claret, boil it in one Ounce of Bees Wax, as much freſh Butter, and two Ounces of Alkermes Root bruiſed: When all theſe have boiled together a pretty while, ſtrain it, let it ſtand 'till it is cold, take the Wax off from the Top, melt it again, and pour it clear from the Dregs into a Gallipot, and uſe it at Pleaſure

### *To preſerve and whiten the* Teeth.

BOIL a little Roche Allum in two Ounces of Honey, ſcum it well, add a little Ginger finely powdered; when it has boiled a little longer, take it off, and before it grows cold, put in ſome *Sanguis Draconis*, as much as will tinge it of a good Colour. Having mixed it well,

put it into a Gallipot and ſet it by for uſe. Rub the Teeth as oft as you pleaſe with a little of it on a Rag.

### *To make the* Teeth *white.*

MIX a little burnt Allum, with ſix Spoonfuls of Honey, and two of Celandine Juice, and rub the Teeth with it.

### *A Powder for the* Teeth.

MIX half an Ounce of Powder of Myrrh with an Ounce of Cream of Tartar, and rub the Teeth with it two or three times a Week.

### *To cleanſe foul and ſpotted* Teeth.

AFTER winding a Bit of fine Rag about a very ſmall End of a Skewer, cut it ſharp that it may be like a Pencil for Painting, dip it into Spirit of Salt, afterwards into fair Water for a Moment, rub the Teeth with it, taking Care not to touch the Gums or Lips with it; waſh the Mouth with pure cold Water, not that in which the Rag has been dipp'd. This will take off the Fur, and make them very white; but this muſt not be done too often, but when they are once clean, they may be eaſily kept ſo.

## *GENERAL RULES*, &c.

IN all Soops, you muſt not put in your Thickening, 'till your Herbs are very tender.

When you boil any Greens, firſt ſoak them near two Hours in Water and Salt, or elſe boil them in Water and Salt in a Copper by themſelves, with a great Quantity of Water: Boil no Meat with them for that diſcolours them.

Uſe no Iron Pans, *&c.* for they are not proper; but let them be Copper, Braſs, or Silver.

When you fry any Fiſh, firſt dip them in Yolks of Eggs, and fry them rather in a Stew-pan over the Fire, and that will make them of a light Gold Colour.

White Sauces are now more generally uſed than Brown, which is done chiefly with Cream, and add a little Champaign or *French* White Wine, and Butter kneaded in Flower.

Parboil all your Meats that you uſe for your Fricaſeys, or elſe ſtewing them too long on the Fire will make them hard.

In roaſting or boiling, a Quarter of an Hour to every Pound of Meat, at a ſteady Fire, is the beſt Rule that can be given to do it to Perfection.

When you beat Almonds, always put in Orange Flower Water, or Roſe Water, to prevent their turning to Oil, which they are very ſubject to.

When you dreſs Mutton, Pigeons, *&c.* in Blood, always wring in ſome Lemon Juice, to keep it from changing.

When you grill any thing, let it be over a Stove of Charcoal, rather than Sea Coal; it makes it eat ſweeter and ſhorter; turn your Meat very often.

*An*

## *An* EXPLANATION *of ſome of the* TERMS *uſed in* COOKERY.

*Legumes*, any Kind of Pulſe, as Peaſe, Beans, *&c.*

*Cullices*, are the ſtrained Juice of Meat.

*Biſques*, are Pottages or Soops in Ragoo.

*Farce*, is a Mixture of Meat and Herbs for Stuffing.

*Bards of Bacon*, are Slices all fat, which are often put round Birds, *&c.* when roaſted.

*Lardoons*, are the Bits of Bacon uſed for larding any thing.

*To Marinate*, is one Way of pickling.

*To Mitony*, is to ſoak in the Diſh over the Stove.

*Bouillon*, Broth.

*Bouillie*, boil'd Meat.

*A la Daube*, is a Ragoo commonly eat cold

*A la Braiſe*, from *Braiſe* live Coals. When you dreſs Meat *à la Braiſe*, you muſt ſtop your Stew-pan cloſe about the Edges with Paſte, and put Fire over as well as under.

*A la Poivrade*, Sauce made with Pepper.

*A la vinaigrette*, Sauce made with Vinegar.

*Ravigotte*, come from *ravigoter*, to briſk up, or quicken, and is commonly uſed for a Sauce in which there is Muſtard.

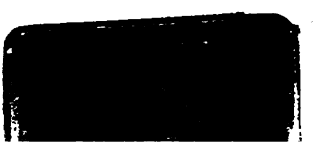
*En gratin*, any thing that ſticks to the Bottom of the Skillet or Toſs-pan.

*Court Bouillon*, is a *French* Way of dreſſing large Fiſh.

*Blanc-Manger*, ſignifies White Food. A Sort of White Jelly ſo called.

*Hors d'Oeuvres*, are choice little Diſhes or Plates, that are ſerved in between the Courſes at Entertainments.

*Entremets*, or *Intermeſſes* are the leſs Sort of Diſhes that compoſe the Courſe.

*N. B.* Many *French* Diſhes have received their Names from Princes and Perſons of Quality who were fond of them; as *à la Reine*, *à la Dauphine*, *à la Maintenon*, &c. Some from famous COOKS, as, *à la St. Menehout*, *à la Montizeur*, &c. and ſome from the Sauces uſed with them, as, *à la Poivrade*, *&c.*

*FINIS.*